EMF Balancing Technique®

Honoring Humanity

Phase II

Self-Direction and Self-Support

v. 2010.4

The Team

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Workshop Checklist

Assemble the following materials before conducting the workshop:

Audiovisual equipment: video player and monitor, overhead projector (optional), CD player, LCD data projector (optional)

Phase II student workbooks

Forms

Miscellaneous spare materials for students (pens, pads, markers)

Wall charts (if available)

Elegant Empowerment by Peggy Phoenix Dubro and David Lapierre

Massage tables and covers (2 - 3 students per table)

Covers (sheet or other light material to cover receiver)

Teaching materials:

Phase II teacher manual

(1) Energetic Body Preparation workbook

(1) Phase II student workbook

Pre-illustrated flip charts (created by EEI – in PDF and PowerPoint formats)

Pre-prepared flip charts (created by teacher)

Markers (various colors)

Transparency or PowerPoint slides (optional)

Music (CD) for practice sessions and meditations

Timer (or other timing device)

Demonstration video with Peggy Phoenix Dubro (Phase II)

Prepare:

Flip charts (created by teacher)

Training facility arrangements (if necessary)

Schedule of next class dates

Optional:

UCL posters, CDs, DVDs, introductory videos and Elegant Empowerment for purchase

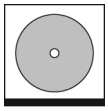
Eye pillows

Silk covers or other appropriate covering for receivers during the practice sessions

Head and knees/ankles supports (pillows, etc)

Manual Icons

References the page in the student's workbook which contains the information which you are discussing

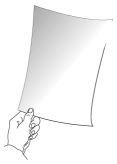
 Indicates you will be showing a video. It is important to highlight what your students will be seeing; inform them if you want them to be looking for anything specific in the video and how many minutes the video will run

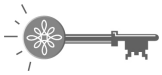
Indicates that the information you are presenting is referenced on the EEI prepared flip chart

*** Indicates that the information you are presenting is referenced on a flip chart that is prepared by you, the teacher

Indicates an optional energy exercise

Indicates a point of transition between topics

 Indicates a handout



Indicates a key learning point and an opportunity for you to emphasize to the class that the information being presented is important

Indicates a musical selection of your choice

Indicates a picture or slide

Indicates especially important information

Teacher's Template

Note: Prior to the beginning of class complete the Teacher's Template which is an exercise that facilitates the energetic posture appropriate to teach the EMF Balancing Technique.

I. Place your attention in your Center Above

Give the intent for **Descent of Light:**

"I now give permission to allow the golden energy to flow through the light pattern of the Teacher's Template. I give permission for the pure resonance of this alignment to create the appropriate calibration of being in service as I teach the EMF Balancing Technique. As the energy descends, I become very focused and I Remember I Am."

II. Place your attention in your crown center and third eye

Give the intent for **Wisdom:**

"I now give the intent for the golden energy to flow through my crown center and the area of my third eye, increasing the expression of my inner wisdom."

III. Place your attention in your throat

Give the intent for **Power:**

"The words that I speak when I am teaching carry power; the energy responds when I amplify it."

IV. Place your attention in your heart center, arms and hands

Give the intent for **Loving Action:**

"I give the intent to allow myself to be nurtured first. The energy flow of my heart center intensifies front and back. My movements and touch are pure and activated with love as I amplify golden energy."

V. Place your attention in your solar plexus

Give the intent for **Personal Growth:**

"As I teach, I discover that each class is different although the material which I must cover is the same. This form of teaching opens the door to expressing greater compassion and patience. Some students will present new challenges to holding my center and new ways to open my heart. Many students will inspire me as I observe the energy of love in action. As I teach I affirm: I am a student also."

VI. Place your attention in your creative/sexual center

The first few times you teach this class you may feel like you have "given birth". Energetically you have, through the expansion of your creative connection to the Unlimited Source.

Give the intent for **Birth:**

"As I allow my creativity to express itself in this manner, I reap many benefits in my life. As I facilitate this opening for others, I am aware that this may carry a charge of sexual energy. I always keep my actions clear and appropriate."*

*It is important to be aware that as a teacher you will be facilitating this opening for your students. The conduct of a teacher is equal to the integrity of the work when representing the EMF Balancing Technique®.

VII. Place your attention in your base center

Give the intent for **Vitality:**

"I now give the intent to be well grounded in my body. This alignment keeps me in balance. My base center and my creative/sexual center provide the vitality I need to teach the training."

VIII. Place your attention in your Center Below

Give the intent for **Grounding:**

"As the template continues down through my legs to my Center Below, I feel confident and ready to stand strong before this class. Connecting with the earth through this center creates an energetic grounding for all the intentions just given.

Take a nice deep breath

I now become aware of a flame of energy in the palm of my right hand. The flame is golden, and represents the alignment I transmit to those who choose to learn the EMF Balancing Technique."

Take a few moments to breathe in the golden vibration through each energy center.

Give intent for this energy to enhance your evolutionary process and as always according to your unique balance.

Namaste Dear Teacher,

Peggy Phoenix Dubro

EMF Balancing Technique®

Honoring Humanity

Unit 1

Welcome and Day Schedule

Phase II: Self-Direction and Self-Support

Unit 1: Welcome and Day Schedule

Time: 10 minutes

If you have new people attending or individuals that do not know each other, take a few moments and have them introduce themselves.

1. **WELCOME** students to Phase II of the EMF Balancing Technique Personal Growth training: Self-Direction and Self-Support.

WORKBOOK
Phase II
Pg. iii
Course Objectives

2. **POINT OUT** the course objectives:
   - The course objectives highlight the key learning points, key experiences and what you will be able to do by the end of the workshop today.
   - Please take a couple of minutes and review the course objectives for today's class.

Please distribute Phase II student workbooks.

3. **OPTIONAL ENERGY EXERCISE:**
   - You have a choice of which energy exercise you would like to use. Please refer to the Teacher Support section page 153 for a list of options.
4. After completing the energy exercise **ASK:**
   - How does that feel?
5. **ALLOW** a few moments for feedback.
6. If necessary, invite the class to return to their original seats.

***
FLIP CHART
Day Schedule

7. **INTRODUCE** the schedule for the day:
   - Review of Phase I
   - Theory of Phase II
   - Alignment Meditation
   - Video Demonstration of Phase II
   - Practice Session 1
   - Lunch
   - Practice Sessions 2 and 3
   - Phase II Session Review
   - Summary and Conclusion

Display the schedule where you and your students will be able to review it as needed.

TRANSITION
to Phase I Review

8. **MOVE** to the next section by telling the class that you will briefly review some key points from Phase I.

EMF Balancing Technique®

Honoring Humanity

Unit 2

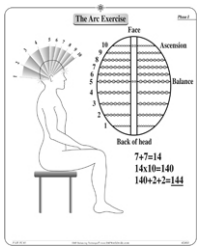
Review of Phase I

Unit 2: Review of Phase I

Time: 25 minutes

***
FLIP CHART
Phase I Review

1. **REVIEW** Phase I:
   - Let's briefly review some of the key points of Phase I.
   - The overall focus of the four phases is to balance, and as you balance you may experience accelerated healing.
   - We all are in the process of mastery and through the balancing process we have the potential to accelerate our own mastery.
   - As we discussed in the UCL workshop and Phase I, we are learning to hold a greater charge within our being, which means we are able to express more of the universal energy in ourselves and in our lives.
   - This is what is meant by the integration of spirit and biology.
   - And holding more of this universal energy facilitates the process of self-responsibility for each of us.
   - The intent of Phase I is to balance the intelligence of the mind with the intelligence of emotion.



FLIP CHART
#3 The Arc
Exercise

2. **REVIEW** the Arc and Arc Alignment by **SAYING:**
   - As you recall, the Arc refers to the 10 bands of energy on the brain which have their own frequency and temperature.
   - The seven buttons on each side of each band corresponds to specific areas of the brain and therefore to specific areas of the body.
   - The goal when stimulating the bands is both to strengthen and stabilize each of the bands.
   - As each of you stimulated the bands on your own head, I came around to each of you and facilitated an alignment.
   - This alignment brought flexibility to the energetic patterns of the brain.
   - It is the secret ingredient that allows you to be able to adjust to the personal resonance of each receiver, allowing you to do this work in a very powerful and effective way.

3. **ASK** for questions and respond as needed.

TRANSITION
to Phase II Theory

4. **TELL** the class you will now discuss the theory of Phase II, which focuses on the back energy fibers of the lattice.

EMF Balancing Technique®

Honoring Humanity

Unit 3

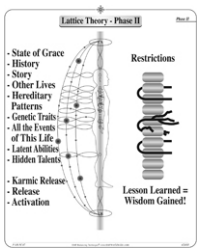
Theory of Phase II

Unit 3: Theory of Phase II

Time: 2 hours

Back Fibers of Energy

WORKBOOK
Phase II
Pg. 35
Lattice Theory



FLIP CHART
#7 Lattice Theory
Phase II

1. **REFER** the class to the Lattice Theory illustration on page 35 of their Phase II workbooks.

2. **INTRODUCE** the back fibers of energy:
   - Phase II of the EMF Balancing Technique focuses on the fibers of energy that are present in the back portion of the Universal Calibration Lattice.

3. **TELL** the class:
   - These fibers consist of light and energy and compose a layer of the UCL that interrelates with the chakra system.

4. **REFERRING** to the flip chart, **HIGHLIGHT** the information contained in the back fibers:
   - Information is recorded in geometrically patterned discs of light which are held within these fibers.
   - We call this area the Prism of Personal Empowerment.

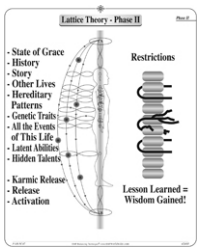
Show where the light discs are located in the back fibers on the flip chart figure or other illustration.

5. **EXPLAIN** the length of the fibers:
   - The fibers in this prism connect to the Center Below, which is 24 inches (60 cm) beneath your feet and connect to the Center Above which is 24 inches (60 cm) above your head.
   - When you work with these fibers, you begin at the Center Below and work toward the Center Above.

6. **REFERRING** to the flip chart, **INTRODUCE** the horizontal fibers:
   - The horizontal fibers form a figure eight pattern.
   - This figure eight pattern connects the Prism of Personal Empowerment to the Core Energy through the chakras.

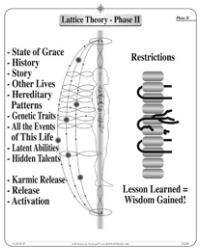
Show the class the Core Energy that is represented on the flip chart or other illustration.

Energy Messages and the Infinity Loops



FLIP CHART
#7 Lattice Theory
Phase II

7. **INTRODUCE** the energy messages and the infinity loops by **SAYING:**
   - So, fibers of light and energy radiate outwards from the back of your chakras and form infinity loops, which connect to the long informational fibers behind you.
   - These horizontal connections are an important step forward in our evolution, for up until now spiritual seeking has been vertical.
   - The infinity loops are roadways for the transference and retrieval of information between your biology and your soul's history and vice versa.
   - These loops are the self-balancing system of the UCL.
   - The energy messages amplified via the loops are primarily unconscious and you are amplifying messages <u>all the time</u>, even when you are not aware of the process!
   - When you amplify a message, you create a wave that goes out, through your fibers and through the Cosmic Lattice. Then the wave always returns, bringing with it experiences that shape your reality.



FLIP CHART
#7 Lattice Theory
Phase II

8. **EXPLAIN:**
   - Once you gain a basic understanding of how this works, you realize that it is a good idea to take responsibility for your actions, because you TRULY ARE the creator of your own reality.
   - And by learning the lessons you yourself have created and received through your loops, you shift the energy dynamics of your history.

9. **EXPLAIN** the reason for taking more responsibility:
   - The reason we take more responsibility for our actions is because we understand that this message system of sending and receiving energy is our participation in the creation of our reality.
   - Therefore, we take the responsibility of being clear and mindful of what messages we are amplifying because it results in, as mentioned, clear and strong incoming messages.
   - With clear and strong incoming messages, we are afforded an opportunity to integrate the incoming information into our daily lives in creative and useful ways.
   - This includes decisions we make collectively as humans as well.
   - Now as we evolve through our decision making processes, we use the infinity loops as roadways or channels that will help us actualize the reality we desire.

10. **EXPLAIN:**

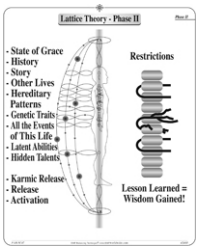
- In Phase II, we begin working directly on these loops, clearing, balancing and adjusting them.
- And as always with the lattice, adjusting one has an effect on all of them.
- Therefore, as you begin to amplify stronger, clearer messages you begin to create a stronger, clearer reality.
- Clearing these loops and continuing to do so also means that you can download and integrate more and more information, and transform it into usable and creative energy!
- Some loops are twisted, overloaded, constricted or out of balance.
- In Phase II we amplify golden energy through these loops to facilitate a stronger balance.

TRANSITION to Back Fibers

11. **MOVE** to the next topic by **SAYING:**

- As we consider utilizing our energy fibers as roadways or channels, we need to first look at the fibers behind us and the history they hold.

Long Informational Fibers



FLIP CHART
#7 Lattice Theory
Phase II

12. **INTRODUCE** the long informational fibers:

- The fibers behind you are referred to as the long informational fibers.
- Information in the fibers is recorded on geometrically patterned discs of light.
- The discs hold all the information of your soul's history, electromagnetically, similar to the way a computer stores data.
- The information held is about your hereditary patterns, your genetic traits, your other lives, and most importantly all the events of your present life.
- Some discs hold an excess charge of electromagnetic energy.
- This means that you are still holding a charge, or still investing emotional energy (consciously or subconsciously) around a particular relationship or experience that was intense in this life or others.
- This excess energy transmits to the Cosmic Lattice, which then attracts magnetically similar experiences back to you.
- This energy travels via your infinity loops and manifests as a reality in your Now.
- So these events in your history are continuing to affect you in your present time.

Refer to the flip chart as you describe the long informational fibers.

Akashic Records

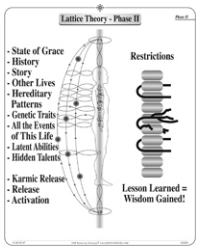
13. **ASK** the class:

    - Who would like to define akashic records?

      Desired Response: *Simply stated, akashic records are like a universal filing system which records everything occurring in thought, word and action, similar to what we understand as the collective consciousness.*

Thank those that contribute.

See Teacher Support Pg. 151 for an expanded explanation of akashic records.

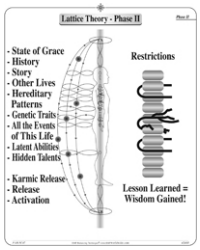


FLIP CHART
#7 Lattice Theory
Phase II

14. **EXPLAIN** the usefulness of knowing about akashic records:

    - When talking about the akashic records, it is easy to think about these records as being in some far away, sometimes mysterious place.
    - However, the universe is very orderly and efficient. Because of this, it is theorized that the akashic records are held within our own Prism of Personal Empowerment, which as you recall, is the area in the back fibers where information is stored electromagnetically as discs of light.
    - Peggy has shared that in her experience, viewing her akashic records gives her a peek at portions of another lifetime which may provide helpful information to her in her present lifetime.
    - Therefore, the value of knowing that your akashic records reside in your own Prism of Personal Empowerment is that you have access to these records.
    - And having access helps you gain helpful information as you move forward in your evolution in your present lifetime.

Active and Inactive Disc Patterns



FLIP CHART
#7 Lattice Theory Phase II

15. **EXPLAIN:**

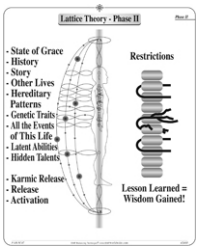
- Discs that have a lot of energy around them are activated enough to program and create our reality.
- Other discs may not have much energy around them, so they are not activated.
- So what we have are discs/patterns that are active and full of energy and other discs/patterns that are dormant, just holding a quiet pattern of light, perhaps not even in consciousness, but they are there.
- Some of these dormant discs/patterns hold strengths, suppressed talents and latent abilities from this and other lives.
- So, in Phase II, we give the intent to activate hidden talents, latent abilities and strengths that will encourage you to move forward in your life.

Please note that on the illustration the discs that are larger are activated and the discs that are smaller are dormant.

Discharging Excess Energy

16. **EXPLAIN:**

- In Phase II, you amplify golden energy and give the intent to release excess electromagnetic energy surrounding old events that no longer serve you.
- It is important to understand that we are just discharging the energy on the discs - we are not removing the discs!
- The excess electromagnetic energy releases and downloads through the infinity loops into your biology/Now time as usable creative energy and power.



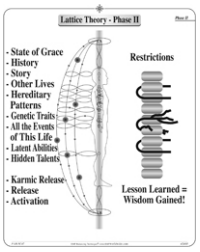
FLIP CHART
#7 Lattice Theory
Phase II

- What happens next depends on the inner wisdom of the receiver, i.e. what is appropriate for them.
- Remember that the energy of this system is self-regulating and self-directing.
- The energy will either:
  - (1) stay in the Core Energy of the receiver or
  - (2) travel down through the infinity loops beneath the feet, in which case it will then recycle back up into the lattice and recalibrate into the next healthy pattern of balance.
- However, there is a residual wave of energy that does go to the earth when an electromagnetic release happens, as a message to indicate that the receiver has evolved spiritually.
- Your energy field is a self-balancing, recycling system which conforms to the laws of physics that say that energy cannot be destroyed or created.

Lesson Learned Wisdom Gained

17. **EXPLAIN:**

- You can think about what you are doing as rearranging the energy patterns within your field. In this process, the excess charge behind you becomes a permanent nugget of wisdom. Lesson learned equals wisdom gained.
- Peggy's definition of wisdom is:
  - Been there, done that, liked it, will do it again.
  - Been there, done that, didn't like it, won't do it again!



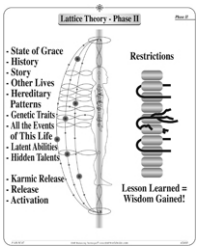
FLIP CHART
#7 Lattice Theory
Phase II

- Therefore, your energy field is a self-balancing, recycling system, where you can transform your history into a gleaming column of wisdom and support.
- Lessons are learned and wisdom gained to support you. And in addition to this support, with your strengths and talents activated you can move forward.
- Your history then is no longer an anchor that holds you back. There is no need to consistently suffer in order to grow!!
- Also, for those of you who believe in past lives, let us call them “other” lives. So, there is wisdom we have gained/learned in these other lives and that wisdom can be made available to us in this lifetime!
- You also gain greater access to your wisdom and your experience, accessing what you need to know in order to grow.

Karmic Release and Grace

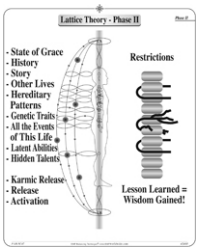
18. **EXPLAIN** karmic release and grace:

- We are entering a golden age, as reflected by the golden energy that is present in our fields and that we are just beginning to learn to use. Also, it is important to note that a characteristic of the golden age is grace.
- This means that when you release excess energy surrounding events in your history, you can do it with grace.
- The time of catharsis is over. The energy is yours and you can hold it. It’s your power and your potential.



FLIP CHART
#7 Lattice Theory
Phase II

- You are retrieving energy from your history. The determining factor is your soul's growth.
- In releases, you may have an insight or understanding, a flash or a concept, initiating your moving forward.
- But sometimes there is spontaneous release without insight. Again is it all self-directing, according to your inner wisdom!
- We have also evolved beyond the labels of 'negative' and 'positive'. Let's let go of the terms 'good' and 'bad' experiences.
- And look at it as each of us incarnating into the lineage and circumstances which we chose before we came in, as perfect for us to learn the lessons we chose to learn.
- Each experience we create brings its own gifts and potential wisdom.
- Some experiences we enjoy and others we don't, however they all teach us. There are no victims!
- Remember, whatever happens is a lesson. You can pick up the threads of anything you've experienced, take the best of what you have learned, and weave it through to a new tapestry of light and energy.



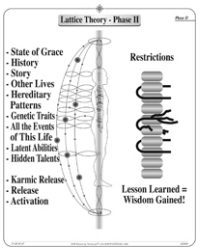
FLIP CHART
#7 Lattice Theory
Phase II

- Also, we are all made up of light and dark (or shadow). Dark is just a slower vibrational frequency that balances out the light.
- There is no war between them! When you integrate this idea you will see that it doesn't have to be a struggle within you!
- Focus on the positive, on your strengths and talents, not on what you dislike or disagree with.
- What you place your energy and focus on, is what you will stimulate to grow and develop in your life.
- So, the more you focus on your strengths and talents, the more they will grow.
- It is all part of strengthening your lattice, and as you strengthen your lattice, denser or 'inappropriate' energies will no longer be able to affect you.

Energetic Restrictions

19. **INTRODUCE** energetic restrictions:

- There are U-shaped restrictions located within the energy of your spine.
- No matter who we are, we are all born with energetic restrictions and agreed to them before we were incarnated.
- They look like U-shaped shadows.
- Additionally, there are also energy restrictions that hook in under your ribs.
- If we were able to draw a picture of how they are held in place, they would look as though they are held in place with tentacles.



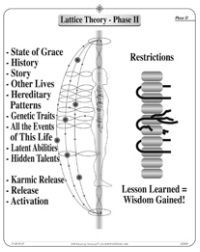
FLIP CHART
#7 Lattice Theory
Phase II

- These restrictions are very, very old and run very, very deep.
- They represent old ways of being and ancient karmic relationships.
- There are not many of this type. When one of these types of restrictions is released, you will definitely notice the difference!
- You can think of restrictions simply as energy patterns.
- They represent how you define yourself, your lessons, who you believe you are, your personality, your identity and the best opportunities for your optimal growth.

Releasing Restrictions

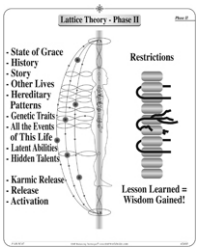
20. **EXPLAIN** releasing restrictions:

- In the new vibrational frequencies, restrictions can now be released.
- In Phase II, when working along the receiver's spinal area, we give the intent to release any restrictions that can be released at that time.
- Normally only one restriction will be released at any one time. This is perfectly safe, as the work is self-directing and self-regulating.
- As mentioned previously, when restrictions are released, you will notice a difference.
- There may be a feeling of soreness or emptiness for a while after a restriction is released.



FLIP CHART
#7 Lattice Theory
Phase II

- It is OK to have this feeling of emptiness for a while - this is perfectly natural. There is no need to "fix it" or make it better. At a soul level, it is actually a joyful release and a time to celebrate!
- Understand that if you experience this type of feeling it is only temporary.
- You can repeat the self-statement, "It's temporary, it's a release and I'm going to feel great when it fills in!"
- The less focus that is placed on the soreness or emptiness, the quicker the recalibration occurs.
- Recalibration releases these restrictions which are part of the old energy dynamics.
- When a restriction is released, the energy downloads through the infinity loops and travels to the fibers and discs, where it is recorded as lesson learned, wisdom gained.
- There is a recalibration through your energy field into a healthier pattern of balance which would not have been possible with the restriction in place.
- Also, a residual energy goes up through the infinity loop to your Center Above, as a 'message' to higher energies that you have evolved spiritually. This then affects the energy of the whole of your soul group.

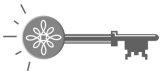


FLIP CHART
#7 Lattice Theory
Phase II

- During this work we talk about an energy center under the ribs.
- This is not the solar plexus. It is located between the solar plexus and the heart, under the ribs, and it is where we hold the last old energy hooks.
- We gently calibrate this center when we work with the energy of the arms in the Energetic Body Prep and when we work along the spine in Phase II.

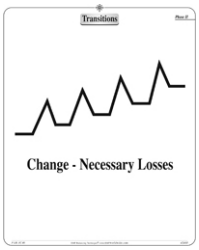
21. **REMIND** the class of the value of releasing restrictions:

- Remember, there is a value in releasing restrictions.
- And the value is, there is wisdom gained as lessons are learned and restrictions released.
- Also releasing restrictions builds the character necessary for the next step in one's spiritual development.
- Just remember that many times we need to empty out before we can fill up again.



KEY POINT

Necessary Losses



FLIP CHART
#8 Transitions

22. **INTRODUCE** the idea of necessary losses:

- In the book, Anatomy of the Spirit, Caroline Myss writes about what she calls the language of 'woundology'.
- It is the language of intimacy which is used to exchange the wounds of our life as the substance of conversation with another person or a group of persons.
- Myss says that we have become so good at this that we have converted our wounds into a type of "relationship currency," using it at times as a way to control others.
- Therefore, believing that more time is needed to "process" the wounds, the "wounded" become stuck in the process itself, which then becomes a cycle that keeps the wounds from being healed.
- Energetically, it is leaking energy to old events which becomes the anchor preventing forward movement.
- To release the charges surrounding a wound is a necessary loss in the process of making change.
- So, there is a time to grieve or experience anger, and there is a time to balance and move forward.

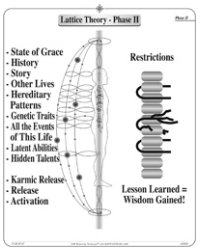
Theory of Phase II - Summary

1. **SUMMARIZE:**
   - To summarize, in Phase II, we move away from the pattern of leaking energy to the past.
   - By doing this, we can be at peace with our past where unwanted memories no longer can intrude into our daily living.
   - You can now release excess energy surrounding events in your history and you can do it with grace.
   - The time of catharsis is over. The energy is yours and you can hold it. It's your power and your potential.
   - Remember that your entire history is with you, held electromagnetically in the back fibers of the UCL.
   - When you work with the fibers that are behind you, you are working with the concepts of Self-direction and Self-support.
   - Additionally, there are restrictions that are located in the spine and also under the ribs.
   - So to work with the restrictions underneath the ribs, we work with both arms in the Energetic Body Prep.
   - Working with the spine also works with the restrictions in that area.
   - When the lesson provided by the restriction is learned, the lesson is transmuted into wisdom.

***

FLIP CHART
Key Points

2. **CONCLUDE** with some key points about the Phase II session:
   - First, we work with the back fibers and then the infinity loops and then move our attention to the energy centers.
   - Amplifying golden energy through the horizontal fibers allows them to be balanced.
   - We are working with the same energy centers as we did in Phase I, with the difference being that we are accessing these centers through the back whereas in Phase I we were accessing them through the front.
   - In addition to working with the energy centers throughout the back, we also work with the energy at the base of the spine, which is a very sacred energy, also known as kundalini energy.
   - When we amplify the circulating kundalini energy up through the spine, to the brain, through the mind and spirit, and through the gateways to the higher energies, restrictions may be released resulting in a greater energy flow. This can contributes to greater enlightment.



FLIP CHART
#7 Lattice Theory
Phase II

3. **REFER** the class to the flip chart illustration of the back fibers and explain the connection to the Center Below and Center Above:
   - If you notice the back fibers are connected to the Center Below and Center Above.
   - As you work with these fibers, you are helping an alignment to occur with divine purpose.
   - This is the vibration of love. And as you work with the fibers, you are helping the receiver to be more in the universal flow of the energy of love.

4. **ASK** for questions and respond as needed.

EMF Balancing Technique®

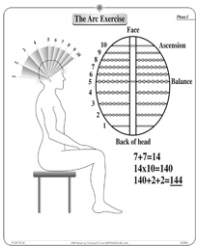
Honoring Humanity

Unit 4
Alignment Meditation

Unit 4: Alignment Meditation

Time: 20 minutes

Introduction to Alignment Meditation



FLIP CHART #3 The Arc Exercise

1. **BEGIN** by **SAYING:**
   - As you recall, in Phase I we performed an alignment called the Arc.
   - And what we did was make an arc pattern between both lobes of the brain, amplifying the energy from the back of the brain to the front of the brain and vice versa.
   - Now, in this next meditation, we are going to perform another alignment by amplifying the flow of energy from one side of the brain to the other, with the intent to stimulate the temporal lobes of the brain.
   - This alignment sets up a resonance inside of you so that you are able to amplify the appropriate vibrational frequency for each of your receivers.

You can reference the flip chart showing the Arc as a visual reference for the class.

Allow the loving energy of the Teacher's Template to flow through you. See the face of God in the people before you. Remember to speak slowly and softly.

Alignment Meditation

2. **SAY** to the class:
   - Close your eyes, place your feet on the floor and take a nice deep breath.
   - Allow yourself to open to the nurturing aspect of this exercise.
   - With your fingertips, please touch and hold both sides of your head, right above your ears.

- Now, with your intent, amplify golden energy to move from the right side of your brain to the left side of the brain…
- And from the left to the right…right to left...left to right....right to left.
- Place your hands back on your lap, breathe and relax.

pause for a moment

3. **CONTINUE** to guide the meditation:
   - Now, please focus your attention at the base of your spine.
   - Silently, give the intent for the golden energy within the spine to rise in perfect balance according to your inner wisdom.
   - Take a deep breath and take a moment to feel at home inside of yourself.

pause for a moment

4. **CONTINUE** to guide the meditation:
   - Now visualize yourself as a golden being of light and place your attention within your Center Below approximately 24 inches (60 cm) beneath your feet.
   - Allow yourself to feel the energy here.
   - Sense the energy centers on the bottom of your feet.
   - Feel or sense being deeply connected to the sacred nurturing from this Center Below.
   - Take a breath and be at peace.

pause for a moment

5. **CONTINUE** to guide the meditation:

   - Now, place your attention within your Center Above 24 inches (60 cm) above your head and open to the guidance of the higher energies.
   - Honor the wisdom within this sacred center.
   - Now feel, sense, imagine or think about the horizontal lines that extend behind you from the chakras, the infinity loops.
   - Feel, sense, image or think about the movement of energy and information through these infinity loops which connect to the long vertical fibers of light that are located behind you.
   - With your mind and your intent take a moment to explore these fibers of light and energy.
   - How do they feel?
   - What do they look like?

   pause for a moment

- Travel with your consciousness through the infinity loops and into the vertical fibers of energy....this column of vertical fibers behind you that is part of your energy anatomy, the place where the akashic records of your being are stored.
- This area of the fibers located behind you is called your Prism of Personal Empowerment.
- Notice how it feels in your solar plexus, the seat of your subconscious.
- As you reach out through these fibers you may ask for information or guidance about a particular situation or concern you may have in your life at this time.
- The information you receive may appear as pictures or may be experienced as sensations of energy movement.
- Although you may not be able to translate in words the meaning yet, continue to allow the energy to flow from the fibers behind you, through the infinity loops to all of the energy centers we call chakras, releasing wisdom into your core.
- Place your attention on your heart, so that you may feel the information.
- Place your attention on the back of your neck and be aware of any sensations you may experience.
- Once again, scan the vertical fibers of energy behind you from top to bottom. Become familiar with this part of your energy anatomy.
- Take a moment and be with this experience.

6. **PAUSE** for a couple of minutes to allow students to experience this part of the meditation.

7. **CONTINUE** to guide the meditation:

   - Take a deep breath and again, feel the peace.
   - You may ask yourself what is your soul's next step.
   - Be attentive to any sensations or pictures.
   - Know that your request is heard and information is now released into your consciousness.
   - You receive the strength and support that comes from within your being.
   - And it is always available to you.
   - The more versatile you become at reaching out through the infinity loops and accessing the vertical fibers for information, the more freedom through karmic release you create.
   - Take a deep breath please.
   - Once again, please touch and hold both sides of your head, above your ears.
   - Be open to receive this alignment.
   - Now, amplify golden energy to move between your hands, from the right to the left, left to right, right to left, left to right and right to left.
   - Gently place your hands back on your lap.
   - Now, place your attention at the base of your spine.
   - From the base of the spine, give the intent for golden energy to gently flow upward in perfect balance.
   - Good……Breathe
   - Allow this golden energy to flow through the gateways of information that are located within your spine….
   - And relax.

- One more time; touch your head right above your ears and amplify the golden energy from right to left, left to right, right to left, left to right, and right to left.
- Take a deep breath.
- And when you are ready, place your hands back on your lap.
- Trust your inner wisdom and allow the calibration to complete itself.
- The doorways that are opened for and by you at this time allow you to take a more active role in your partnership with universal energy.
- This is a great time for you to conscientiously direct your life.
- This is the opportunity as you accept your ability to be self-directed and self-supported.
- Take a deep breath and when you are ready open your eyes and be present.

8. **ALLOW** a few moments for the class to orientate to the present.

9. **ALLOW** a few moments for feedback.

10. **THANK** the class for their feedback.

11. **SAY** to the class:
    - Let's take a 10 minute break and when you return we'll see a video demonstration of Phase II and then we'll move to the Phase II practice session.

--- 10 minute break ---

EMF Balancing Technique®

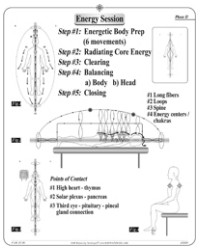
Honoring Humanity

Unit 5

Video Demonstration and Practice Session 1

Unit 5: Video Demonstration and Practice Session 1

Time: 2 hours



FLIP CHART
#9 Energy Session

1. **WELCOME** the class back from break.

2. **REFERRING** to the flip chart, introduce the five steps of Phase II by **SAYING:**
   - Phase II consists of five steps:
     - Energetic Body Prep
     - Radiating Core Energy
     - Clearing
     - Balancing (Head and Body)
     - Closing

3. **ASK** the class:
   - Where have you seen these before?

Thank those that contribute.

4. **POINT OUT** that Phases I - III have the same five steps, however the areas worked on within those steps are different.

5. **INTRODUCE** the Energetic Body Prep and Phase II:
   - Next we'll take a few moments and review the Energetic Body Prep, which is the first step in Phase II. Then we'll watch a video demonstration of the Energetic Body Prep and the movements associated with Phase II.

6. **REMIND** the class that the first step in each of the phases (Phases I - IV) is the Energetic Body Prep.

7. **REVIEW** the Phase II session by **ASKING:**

   - What is the purpose of beginning each session with the Energetic Body Prep?

     Desired Response: *The Energetic Body Prep, as the name suggests, prepares the body energetically and sets the resonance for a good session. It also initiates circulation of energy and assists the receiver in raising their vibrational frequency.*

   - What is the purpose of Radiating Core Energy?

     Desired Response: *Radiating Core Energy increases the resonance of the individual's Core Energy.*

   - What is the purpose of Clearing and Balancing?

     Desired Response: *The Clearing and Balancing helps calibrate the resonance of the lattice so the receiver can hold as much of their energy as possible.*

   - What is the purpose of the Closing?

     Desired Response: *Closing sets the new energy patterns.*

Encourage participation and thank those that contribute.

This is a brief review. Help the class if they struggle with the answers.

8. **REMIND** the class that once Step 1, the Energetic Body Prep is completed, then the giver moves directly into Step 2, Radiating Core Energy.

9. **ASK** if there are any questions about the review and respond as needed

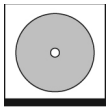
If for some reason you are not able to show the video, then you will review the session using the illustrations in the Phase II workbook. This may take more time, therefore you may need to adjust for the time difference.

TRANSITION to Video

10. **MOVE** to the next section by telling the class that they will now see a video demonstration of Phase II.

Video Demonstration

Time: 20 - 25 minutes



VIDEO
Energetic Body
Prep and Phase II

WORKBOOK
Energetic Body
Prep and Phase II

1. **INTRODUCE** the video:
   - Now we'll take a look at a video which will demonstrate the movements of the Phase II.
   - As in the Phase I video, the giver and narrator in this video is the originator of the EMF Balancing Technique, Peggy Phoenix Dubro. The receiver is her husband Stephen.
   - Also as a reminder, all the movements and say alouds are in your Energetic Body Prep and Phase II workbooks.
   - As you see each movement demonstrated, Peggy will explain in detail what you are seeing, describing each movement and its purpose.
   - This video segment runs for approximately 20 - 25 minutes.

Show the class the Energetic Body Prep and Phase II workbooks for reference.

2. **ASK** the class:
   - Do you have any questions about what you will be seeing?

3. **SHOW** the video beginning with the Energetic Body Prep.

4. **DEBRIEF** the video by **ASKING:**
   - What was the first step in Phase II?

     Desired Response: *Energetic Body Prep*

   - Counting the Energetic Body Prep as the first step, how many steps are there in Phase II?

     Desired Response: *Five*

   - Who would like to name them?

     Desired Response: *Energetic Body Prep, Radiating Core Energy, Clearing, Balancing and Closing*

5. **THANK** the class for their contributions.

***
FLIP CHART
Day Schedule

6. **REFERRING** to the day's schedule, **REVIEW** what the class has accomplished to this point:
   - We started the day with a brief review of the theory of Phase I and then we moved to a discussion about the theory of Phase II.
   - Next, we overviewed the five steps of Phase II and viewed a video demonstration of the steps and movements within each of those steps.
   - Now, that brings us to our first practice session for Phase II.

7. **ASK** the class:
   - Do you have any questions about what we have accomplished to this point before we move to our practice sessions?

8. **RESPOND** to any questions or concerns that the class may have.

Tell the class they can refer to their notes.

Provide reinforcing comments to correct answers or efforts made. For example, "good answer", or "good try."

Remember, this helps with the flow of the class. Adult learners like to know where they have been, where they are and where they are going.

Practice Session 1

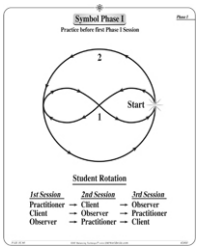
Time: 1 hour 30 minutes

The configuration for the groups will depend on the number of students you have in your class. Ideally, there are three students per group, and a minimum of two. At times you may have groups of two and three. Please see the Teacher Support section page 152 for details on teaching mixed groups of two and three.

If you are working with groups of two, you will need to guide the givers through the entire Phase II session and read all the parts designated for the observer (the say alouds) to the receivers.

The following script is written for groups of three.

1. **REMIND** the class of the structure of the practice sessions:
   - The practice sessions are designed to provide you with the necessary experience and feedback so that by the end of your training you will be able to perform the EMF Balancing Technique phases for which you have been trained.
   - There will be three practice sessions. This will provide everyone an opportunity to be in the role of giver.
   - Each practice session lasts about $1^{1/2}$ hours. The first session we'll complete before lunch. Sessions 2 and 3 will be completed after lunch with a short break in between.



FLIP CHART
#4
Student Rotation

2. **REMIND** the class what they will be doing during the practice session:
   - We'll follow the same steps we did for your Phase I practice sessions.
   - So, for a quick reminder, the first step is creating groups of three.
   - After forming groups of three, each of you will agree on one of three roles.
   - The first role is that of *giver*, the person conducting the session.
   - The second role is the *receiver*, the person receiving the session.
   - The third role is that of the *observer*.

This is a very brief review and should only take a minute to complete.

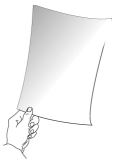
3. **REVIEW** the role of the observer:
   - As we mentioned earlier this morning, each movement for Phase II that the giver performs is detailed in your workbooks.
   - And again, just as you did in Phase I, the observer uses their workbook and observes the movements of the giver, offering any clarification that the giver may need.
   - Additionally, with my direction, the observer states some intents, identified as "say alouds" to the receiver for the giver.
   - This allows the giver to be able to focus on learning the movements.

4. **REMIND** the class that you will guide them through all of the movements in Phase II as well as provide feedback as needed.

Remember as you demonstrate each movement, explain in detail what you are doing so that students have a clear understanding of body positions, hand positions, distances etc.

5. **ASK** the class if they have any questions about the practice session and clarify as needed.

6. Depending on your configuration **INVITE** the class to form their groups and select a table to do the energy work. **REMIND** the observers to take their Energetic Body Prep and Phase II workbooks with them and something to write with.



HANDOUT
Student Rotation Form

Optional: *If you're working with groups of three, hand out the Student Rotation Forms. Tell the students to fill in their names in the appropriate boxes. Explain to them that the order of rotation is important and that this form will help them track the order of rotation.*

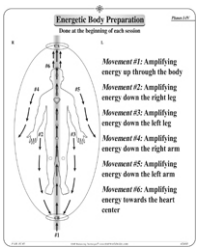
See Teacher Support Pg. 161.

7. **TELL** students:
   - Receivers please lie on the table, on your back, and make yourselves comfortable.
   - Givers, please cover your receiver and then stand at the foot of the table.
   - Observers, please sit comfortably, with your Energetic Body Prep and Phase II workbooks.

Position the flip chart where your students can see it, listing the five steps for Phase II.

This is a very important time and will require patience. This is the first time that your students are experiencing the Phase II movements. They may feel awkward or uncomfortable. Pace yourself in a way that creates a comfortable environment. Taking your time builds a strong foundation for the next session and each subsequent session.

Also, remind givers and observers to speak the say alouds in a gentle, quiet voice.



FLIP CHART
#5 Energetic Body Prep

8. **REFERRING** the class to the flip chart introduce the first step, the Energetic Body Prep:
   - Givers, we begin the Energetic Body Prep with The Honoring.
   - Remember that the receiver's own energy is used here with the exception of the heart center and amplifying energy up through the body, both of which use golden energy.

You can use the same flip chart for the Energetic Body Prep that you used in Phase I.

STEP 1: ENERGETIC BODY PREPARATION

The Honoring

WORKBOOK
Energetic Body Prep
Pgs. 1-2

9. **TELL** givers and observers:
   - Givers, please stand at the foot of your table.
   - Observers, please refer to pages 1 and 2 of your Energetic Body Prep workbooks.

WORKBOOK
Energetic Body Prep
Pg. 1
Say Aloud

10. **SAY** to givers**:**
    - Standing at your receiver's feet, extend your arms palms facing the soles of the feet and say The Honoring. Please repeat after me:

      From the Infinite Potential within me, to the Infinite Potential within you, and in honor of our unique beliefs, let us begin.

Pace your dialog so that the students can comfortably follow you.

The Honoring is like an underlying prayer that is always present in this work, whether said silently or aloud.

WORKBOOK
Energetic Body Prep
Pg. 2
First Say Aloud

Amplifying Energetic Awareness

Givers, please repeat these words as we amplify the golden energy through the body:

Focus your awareness on the golden energy of wholeness within your feet, your claves your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice...and acknowledge the energy of wholeness.

- Givers, take a nice deep breath, and ask your receiver to do the same.

When givers do this movement, golden energy goes out the top of the receiver's head, up to the Center Above and circulates back through the UCL.

Right Leg - Amplifying Energetic Awareness

It is the receiver's energy that is used when the givers are amplifying energy down the arms and legs.

11. **INTRODUCE** the next movement - amplifying energy down the right leg:
    - Givers, please observe as I demonstrate the next movement, amplifying the energy down the receiver's right leg.

WORKBOOK
Energetic Body Prep
Pgs. 2-5

12. After demonstrating this movement, **TELL** the givers:
    - Givers, now we'll have you practice the same movement.
    - Observers, please refer to pages 2 - 5 in your workbooks.

13. **VERBALLY GUIDE** the givers through amplifying energy down the right leg by **SAYING:**
    - Givers, please step to your left and beginning at the top of your receiver's thigh, amplify energy down and through the right leg of your receiver.
    - When you reach the toes of the right foot, remember to turn your body, right fingertips above the toes and left palm facing the sole of the foot with fingers pointing downward.
    - Hold this position for a moment and slowly move your left hand straight back approximately 24 inches (60 cm) from your receiver's foot.
    - Hold this position for a few seconds, stretching the fibers and allowing the energetic tension to build.
    - Now, without moving your left hand, reach all the way back with your right hand to your left hand and disconnect with a palm sweeps palm, fingertips sweeps fingertips movement.

To help givers with the correct placement and distance of their hands, you can suggest that they visualize a round cylinder that encircles the leg where the interior is 2-4 inches (5-10 cm) from their leg and extends from top of the thigh to their right foot.

Remember to occasionally provide positive reinforcement to the group by making comments such as "looks very good".

WORKBOOK
Energetic Body Prep
Pg. 2
Second Say Aloud

14. **TELL** givers to repeat this movement two more times**.**

15. **SAY** to observers:

    - Observers, please read the second say aloud on page 2 to the receiver.

    Let us give the intent to enhance a strong connection to your Center Below.

16. **TELL** givers where to stand once they have completed the second and third movements by **SAYING:**

    - Givers, when you have completed the movement, please stand at the bottom of the table, arms extended, palms up, to hold the energy as you wait for the others to complete the movement.

The Center Below is a place where we interface with the energy of the earth. It is a concentrated pool of golden energy and energy. The stronger the center becomes, the greater the light - the greater the light, the greater the blessings as each one of us walks the planet.

Remind students that the more precisely they follow the movements, the stronger the calibration.

17. **EXPLAIN:**

- During your actual sessions you will simply walk around the bottom of the table and continue giving the session.
- Also, when you are working with your own receiver, you will perform each movement 3 - 9 times, depending on the needs of your receiver.

Left Leg - Amplifying Energetic Awareness

WORKBOOK
Energetic Body Prep
Pgs. 6-7

18. **INTRODUCE** the next movement - amplifying energy down the left leg:

- Givers, please observe as I demonstrate the next movement, amplifying the energy down the receiver's left leg.

19. After demonstrating this movement, **TELL** the givers:

- Givers, now we'll have you perform the same movement. Please stand by the receiver's left leg.
- Observers, please refer to page 6 in your workbooks.

The purpose of the disconnect in respect movement is to completely disconnect from the fibers of the receiver's Universal Calibration Lattice.

The disconnect is important because it allows you to work with the receiver's energy patterns without any personal energy exchanges.

20. **VERBALLY GUIDE** givers through amplifying energy down the left leg:

    - Givers, beginning at the top of your receiver's thigh, amplify energy down and through the left leg of your receiver.
    - When you reach the toes of their left foot, you will not need to turn your body. Hold your right hand fingertips above the toes and rotate your left hand so that the palm is facing the sole of the foot with fingers pointing downward.
    - Hold this position for a moment and slowly move your left hand straight back approximately 24 inches (60 cm) from your receiver's foot in a straight horizontal line, level with their foot.
    - Hold this position for a few seconds, stretching the fibers and allowing the energetic tension to build.
    - Now, without moving your left hand, reach back with your right hand to your left hand and disconnect with a palm sweeps palm, fingertips sweeps fingertips movement.

Tell students to remember to disconnect all the way through with a fingertips sweeps fingertips movement. This ensures that the calibration process is not compromised.

WORKBOOK
Energetic Body Prep
Pg. 6
Say Aloud

21. **TELL** givers to repeat this movement two more times**.**

22. **SAY** to observers:

    - Observers, please read the say aloud on page 6 to the receiver.

      Let us give the intent to enhance a strong connection to your Center Below.

23. As givers complete their movements **SAY:**

    - Givers, when you have completed the movement, please stand at the bottom of the table, arms extended to hold the energy, as the others complete the movement.

As the left palm is moved from the sole of the, the elastic fibers of the UCL are being stretched by the force field of the left hand.
The fibers respond dynamically through resonance field effects.

Right Arm - Amplifying Energetic Awareness

24. **TELL** givers:

    - Givers, we will now amplify energy down the right arm.
    - Please observe as I demonstrate amplifying the energy down the right arm.

WORKBOOK
Energetic Body Prep
Pgs. 7-9

25. After demonstrating this movement, **TELL** the givers:

    - Givers, now we'll have you perform the same movement.
    - Observers, please refer to page 7 in your workbooks.

26. **TELL** givers:

    - Givers, please step to your left. You are now going to amplify energy down your receiver's right arm.
    - Inform your receiver that you are going to turn their right palm up.
    - Fold back the cover on your receiver and turn their right hand palm up so their elbow is on the table. Gently straighten the fingertips if they are curled.
    - Remember, this the first time that you are touching your receiver, so keep your intent on being in service and your touch will be very reassuring.

- Place your right hand palm down above the right shoulder and your left palm up, under but not touching the shoulder.
- Both your hands are 2 - 4 inches (5 - 10 cm) from the shoulder.
- Amplify the energy down the arm.
- As soon as you can, bring your left hand under the arm so that you're amplifying energy down both sides of the arm.
- As you reach the receiver's right hand, turn your body so your back is facing their right leg.
- Position your fingertips so they are aligned with your receiver's fingertips at a distance of 2 - 4 inches (5 - 10 cm).
- Hold this position, making sure that your right hand is palm down and your left hand is palm up.
- Move your left fingertips away from the receiver's fingertips to a distance of 24 inches (60 cm).
- Hold this position for few seconds, stretching the fibers and allowing the energetic tension to build.

- Now without moving your left hand, reach back with your right hand to your left hand and disconnect with a palm sweeps palm, fingertips sweeps fingertips movement.
- Givers complete this movement two more times.

WORKBOOK
Energetic Body
Prep
Pg. 7
Say Aloud

27. As givers continue to complete their movements, **TELL** observers:
    - Observers, please read the say aloud on page 7 to the receiver.

      Let us give the intent to increase the radiating of your heart energy, creating greater freedom.

28. **TELL** givers:
    - Once you have completed the third and final movement, turn the receiver's right arm back in towards their body and cover them.
    - Then, stand at the bottom of the table and hold the energy while the others are completing their movements.

Left Arm - Amplifying Energetic Awareness

WORKBOOK
Energetic Body Prep
Pgs. 10-11

29. After all givers have completed the movement, **SAY:**
    - Givers, next we will amplify energy down the left arm.
    - Please observe as I demonstrate amplifying the energy down the left arm.

30. After completing your demonstration **SAY:**
    - Givers, now we'll have you perform this movement.
    - Observers, please follow on pages 10 and 11.
    - Givers, please step to your right and stand at your receiver's left arm.
    - You are now going to amplify energy down your receiver's left arm.
    - Fold back the covering on your receiver and turn their left hand palm up so their elbow is on the table. Gently straighten the fingertips if they are curled.
    - Place your left hand palm down above the left shoulder and your right palm up under but not touching their shoulder.
    - Your hands are 2 - 4 inches (5 - 10 cm) from the shoulder.
    - Amplify the energy down the arm.

The placement of the hands ensures calibration of energy centers on both sides of the arm.

- As soon as you can, bring your right hand under the arm so that you're amplifying energy down both sides of the arm.
- As you reach the receiver's left fingertips and all fingertips are lined up, rotate both your hands so your left palm is facing up and your right palm is facing down.
- Position your fingertips so they are aligned with your receiver's fingertips at a distance of 2 - 4 inches (5 - 10 cm).
- Hold this position for a moment.
- Move your left hand away from your receiver's fingertips to a distance of 24 inches (60 cm).
- Hold this position for a few seconds, stretching the fibers and allowing the energetic tension to build.
- Now, without moving your left hand, reach back with your right hand to your left hand and disconnect with a palm sweeps palm fingertips sweeps fingertips movement.
- Complete this movement two more times please.

You can remind givers that as they guide the energy down through the arms the response within the lattice is connected to an energy center beneath the ribs, directly beneath the heart center and above the solar plexus. It is a small center where the energy is very concentrated and now can be accessed for the release of old energy dynamics.

Be sure that givers are rotating their hands as they reach their receiver's fingertips.

WORKBOOK
Energetic Body Prep
Pg. 10
Say Aloud

31. As givers continue to complete their movements, **TELL** observers:
    - Observers, please read the say aloud on page 10.

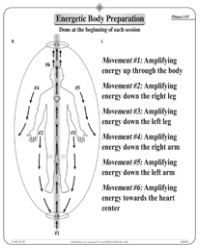
      Let us give the intent to increase the radiating of your heart energy, creating greater freedom.

32. **TELL** givers:
    - Once you have completed the third and final movement, turn the receiver's left arm back in towards their body and cover them.
    - Then stand at the bottom of the table and hold the energy while the others are completing their movements.

33. **TELL** the class:

- Everyone take a nice deep breath.

Focusing Awareness Within Heart Center



FLIP CHART
#5 Energetic Body Prep

34. **REFERRING** to the flip chart **SAY:**

- The last movement in the Energetic Body Prep is amplifying energy towards the heart center.

Remind students that this movement enhances the pattern of the energy template associated with Phase I.

35. **SAY** to givers:

- Please observe as I demonstrate amplifying energy toward the heart center.

WORKBOOK
Energetic Body Prep
Pgs. 12-14

36. After completing your demonstration **SAY:**

- Givers, now we'll have you perform this movement.
- Observers, please follow on pages 12 - 14.
- Givers, please step to your left and stand at your receiver's right side.
- You are now going to amplify golden energy through the heart center.
- Your right hand is held palm up, fingers pointing towards the center of the chest at a 45 degree angle, 4 - 6 inches (10 - 15 cm) from your receiver's body, amplifying energy towards the heart center.
- Your left hand is held above the crown, palm facing the top of the head.
- Begin circling clockwise with the left hand with a radius of 4 - 6 inches (10 - 15 cm).
- To be sure that you are circling clockwise, imagining sitting in a chair at the top of the table and looking towards a clock placed on the top of your receiver's head.

Also, this movement strengthens the connection to the Center Above, the gateway for the higher refined energies.

- Stop circling and turn your right hand so that your palm is facing your receiver's heart center and is at a distance of about 3 inches (7 cm) from your receiver's body. Your fingers are pointing towards your receiver's crown.
- While holding this position with your right hand, move your left hand straight back and away from the top of your receiver's head 24 inches (60 cm).
- Hold for a few seconds, allowing the energetic tension to build.
- Without moving your left hand, reach across with your right hand and disconnect.
- Please complete this movement two more times.

When circling, the magnetism of your hands focuses and intensifies the field of the energy center – like a spiraling vortex action.

This magnetic force attracts or gathers the fibers of the UCL that are ready to respond to the calibration process.
This magnetism draws energy fibers upwards or away from the energy center.

WORKBOOK
Energetic Body Prep
Pg. 12
Say Aloud

37. As givers continue to complete their movements, **TELL** observers:
    - Observers, please read the say aloud at the bottom of page 12 to the receiver.

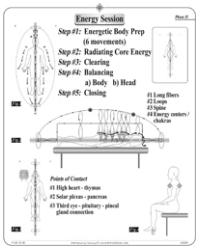
      Let us give the intent for a strong, clear connection to your Center Above.

38. **TELL** givers:
    - Once you have completed the third and final movement, stand at the bottom of the table and hold the energy while the others are completing their movements.

39. Once all givers have completed their movements **SAY**:
    - Givers, you have just completed the Energetic Body Preparation.
    - Everyone, please take a nice deep breath.

STEP 2: RADIATING CORE ENERGY

Clear energy is used when radiating core energy.



FLIP CHART
#9
Radiating Core
Energy

1. **REFERRING** to the flip chart, **INTRODUCE** the second step in Phase II – Radiating Core Energy.
   - The next step in Phase II is Radiating Core Energy.
   - Please observe as I demonstrate Radiating Core Energy.
   - Notice that in Phase II we open from the Center Above to the Center Below.

Remind the class this movement is done one time.

WORKBOOK
Phase II
Pgs. 1-2

2. After completing the demonstration **SAY:**
   - Observers, please refer to pages 1 - 2 in your Phase II workbooks.
   - Givers, now we'll have you perform this movement.
   - Please move to your left and stand at your receiver's right shoulder, facing their crown.

Be sure all observers have switched to the Phase II workbooks.

WORKBOOK
Phase II
Pg. 1
Say Aloud

3. **REMIND** givers to receive permission to open the receiver's field so he may radiate core energy by **SAYING**:
   - Givers, ask your receiver to radiate core energy. Please repeat after me:

     (Say receivers name) In this moment do you choose to increase the radiating of your core energy?
   - It is very important that permission be granted either verbally or by a nod of the head before you continue.
   - Remember, you are using clear energy when you open the receiver's field so he may radiate core energy.

WORKBOOK
Phase II
Pg. 2

4. **VERBALLY GUIDE** givers:
   - Raise your left hand, palm upwards about shoulder height to receive clear energy.
   - Your right hand is held with your palm facing you and fingertips pointing straight down into your receiver's Center Above.
   - This is your beginning stance.
   - Now, we will begin the movement.
   - Slowly walk backwards, moving your right hand in the same plane, in one continuous movement, about 6 inches (15 cm) above the receiver's body, all the way down to their Center Below, 24 inches (60 cm) beneath their feet.
   - Stop for a moment and lift your right hand up to a height approximately even with the height of your left hand, which is still in its original position.
   - Remember givers, you will only perform this movement once.
   - When you have completed this movement, relax your arms and stand at your receiver's mid section.
   - Givers, please lift the cover and say to your receiver:

     Would you please roll over towards me, onto your front?

All through the EMF work, we honor the inner wisdom of the individual. When we open the receiver's filed so he may radiate core energy, we use "clear energy".

This energy has a distinct characteristic of pure translucence. This pure power energy is used to produce a resonance of freedom that begins from the core of their being, home of inner wisdom.

WORKBOOK
Phase II
Pg. 2
Say Aloud

Provide verbal reinforcements and encouragement to the givers.

5. **PAUSE** while receivers reposition themselves.

6. **TELL** givers to cover their receiver and make sure they are comfortable.

7. **TELL** givers they will now begin the clearing process.

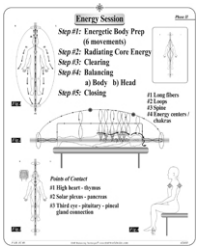
STEP 3: CLEARING

Inform the class there are two separate intents associated with clearing the long informational fibers.

The first intent, intent for release is stated during the first set of movements that are performed 3 - 9 times.

After completion of the first set of movements, the second intent, intent for activation is stated and then the movement is completed 3 - 9 times.

Clearing the Long Informational Fibers



FLIP CHART
#9
Clearing

1. **DEMONSTRATE** the movements for clearing the long informational fibers:
   - The first movement in Step 3 is clearing the long informational fibers. This movement is done 3 - 9 times, depending on your receiver's needs.
   - For our purposes, we'll perform the movement 3 times.
   - Givers, please observe while I demonstrate clearing all three of the long informational fibers.

Remind the class that this movement is done slowly and steadily and needs to be completed in one continuous movement to maximize the calibration process.

WORKBOOK
Phase II
Pgs. 3-4

2. After completing your demonstration **SAY:**
   - Observers, please turn to pages 3 - 4 in your workbooks and read the Say Aloud at the top of page 3.

     This part of the session is called clearing. We will first focus on the evolving clarity of the long information fibers and the energy charges appropriate for the expression of self direction and self support.
   - Givers, now we'll have you perform this movement.
   - Please stand at your receiver's feet, at the side of the table.

- Your knees are slightly bent, your left hand palm up about shoulder height to receive golden energy.
- Place your right hand palm up in the Center Below.
- Begin by following the arc of the long informational fibers with your right hand, palm up.
- As you follow the arc, begin to turn your hand so the palm faces forward.
- Walk slowly alongside the table as you continue moving your hand palm facing forward and amplifying golden energy through these long fibers, 24 inches (60 cm) above your receiver's body.
- As you approach the crown, follow the arc of the fibers, slowly turning the palm of your right hand to face downward, level with the crown.
- Complete the movement by anchoring the energy in the Center Above, 24 inches (60 cm) away from the crown.

WORKBOOK
Phase II
Pg. 5
First Say Aloud

3. **TELL** givers to perform the same movement two more times.

4. **ASK** observers to turn to the top of page 5 to the first say aloud, intent for release.

5. As the givers begin their second movement, **ASK** observers to read the intent for release to the receiver.

   Focus your attention on the three fibers of energy located behind you. Let us give the intent to release excess energy surrounding old events and tendencies that no longer serve you. The released energy calibrates in your center below and becomes available to you in now time within the core of your being. As you consistently transform any perceptions you may have of your history holding you back, the energetic calibration transforms your history into a gleaming column of wisdom and support.

Optional:

Observers may hold the workbook for the givers so that they may read the say alouds to their receiver.

6. **AFTER** givers complete their third and final movement associated with the first intent, **TELL** them to begin the second set of the same movement, which they will perform three times.

Some givers will work at different paces; provide the next direction when the students have completed their movements.

WORKBOOK
Phase II
Pg. 5
Second Say Aloud

7. **REFER** observers to the middle of page 5 to the second say aloud, intent for activation, and ask them to read it.

   Let us give the intent to activate those tendencies that encourage the evolution of wholeness…and strengthen the posture of self direction and self support. You may also develop new talents or abilities that encourage your evolution and expression of wholeness in your everyday life.

8. **TELL** givers, once they complete the third and final movement to stand near the end of the table by their receiver's feet and hold the energy.

Be sure that all students have completed the clearing of the long informational fibers before moving on to clearing the infinity loops.

Clearing the Infinity Loops

1. **TELL** students they will now observe as you **DEMONSTRATE** clearing the infinity loops.

2. **SAY**:
   - Again, for our purposes, we'll perform the movement three times.
   - Givers, please observe while I demonstrate clearing the infinity loops.

WORKBOOK
Phase II
Pgs. 6-7

3. After completing your demonstration **SAY:**
   - Observers, please refer to pages 6 - 7 in your workbooks.
   - Givers, now we'll have you perform this movement.
   - Please stand at your receiver's feet, at the side of the table.
   - Your knees are slightly bent, your left hand palm up about shoulder height to receive golden energy.
   - Your right hand is held in the Center Below, 24 inches (60 cm) below the feet with your palm facing the soles of the feet.
   - From your receiver's Center Below, move your right hand towards the soles of their feet, amplifying golden energy through the infinity loops beneath the feet.
   - A few inches from the feet, raise the right hand with the palm still facing forward, 12 inches (30 cm) above the body.
   - Walk slowly alongside the table. Continue moving your hand in a straight line, while amplifying golden energy through the infinity loops.
   - A few inches (cm) past the head, lower your right hand, palm still facing forward, so the back of your hand is aligned with their crown and move your hand forward to your receiver's Center Above, 24 inches (60 cm) away from their crown, amplifying golden energy through the infinity loop on the top of the head.

WORKBOOK
Phase II
Pg. 7
Say Aloud

4. **TELL** givers to perform the same movement two more times.

5. **ASK** observers to turn to page 7 to the say aloud, in the middle of the page.

6. **TELL** observers to read the say aloud.

   The infinity loops maintain the self regulating dynamics of the Universal Calibration Lattice. Let us give the intent for the evolving clarity of the infinity loops to maintain the energetic flow in patterns of clear support.

7. As givers complete the third movement **SAY:**

   - Givers, after you complete your last movement, stand at your receiver's left side near their waist area with your feet pointing towards the table, your arms extended palms up and holding the energy.

8. After all givers have completed their movement **SAY:**

   - Givers, we will now clear the spine.

Clearing the Spine

1. **SAY:**
   - Givers, please observe while I demonstrate clearing the spine.

WORKBOOK
Phase II
Pg. 8

2. After completing your demonstration **SAY:**
   - Observers, please refer to page 8 in your workbooks.
   - Givers, now we'll have you perform this movement.
   - Please stand at your receiver's left side near the waist area, with your feet pointing towards the table.
   - Bend your knees slightly for a better range of movement. Hold your right hand palm up with the fingers pointing towards the base of the spine at about a 45 degree angle.
   - Hold your left hand palm down at the base of spine, 2 - 4 inches (5 - 10 cm) from the body.
   - Through the fingers of your right hand, amplify golden energy to the base of your receiver's spine.

- Keeping your right hand stationary, move your left palm towards your receiver's crown while following the curvature of their spine.
- Finish the movement just above the receiver's crown in a wavelike movement off the area of the third eye.

WORKBOOK
Phase II
Pg. 8
Say Aloud

3. **TELL** givers to perform the same movement two more times.

4. **ASK** observers to turn to page 8 to the say aloud, in the middle of the page.

5. **TELL** observers to read the say aloud to their receiver.

   As you focus your attention on the energy of the spine, let us give the intent to accelerate the evolution of clarity and release the restrictions that no longer serve you at this time.

6. As givers complete the third movement **SAY:**
   - Givers, after you complete your last movement, stand at your receiver's left side near their waist area, with your feet pointing towards the table and with your arms extended, palms up, hold the energy.

7. After all givers have completed clearing the spine, **INTRODUCE** the next movement:
   - Now givers, we are ready to clear the energy centers.

Clearing the Energy Centers

After demonstrating the movements, you may abbreviate the detail of the directions if you feel your students have obtained a clear understanding of the movements.

Clearing the Solar Plexus

1. **TELL** students they will now observe as you **DEMONSTRATE** clearing the first energy center, the solar plexus.

2. **SAY**:

   - Givers, please observe while I demonstrate clearing the solar plexus.

WORKBOOK
Phase II
Pgs. 9-10

3. After completing your demonstration **SAY:**

   - Observers, please refer to page 9 in your workbooks.
   - Givers, now we'll have you perform this movement.
   - Please stand at your receiver's left side near the waist area, with your feet pointing towards the table.

Tell the class that during clearing they should hold momentarily after they stop circling, before moving their left hand away from the receiver's body.

WORKBOOK
Phase II
Pg. 9
First Say Aloud

4. **TELL** givers:
   - Givers, say to your receiver:

     Now I will place my hand on your solar plexus, please focus your attention here.
   - Gently touch the receiver's solar plexus with your right hand and lift the right hand.
   - Again, you are holding your right hand palm up at a 45 degree angle, fingers pointing towards the solar plexus and amplifying golden energy to this center. Your left palm is facing down 4 - 6 inches (10 - 15 cm) above your receiver's solar plexus.
   - Move your left hand in a circular clockwise direction with a radius of 4 - 6 inches (10 - 15 cm). After several rotations, stop the circling and raise your left hand about 24 inches (60 cm).
   - Hold the energetic tension for 2 – 3 seconds. Remember to keep the left hand in place as you reach up with your right hand and disconnect.
   - Repeat this movement two more times please.

This touch helps the receiver readjust their focus and attention to the center being cleared.

This also contributes to the sense of respect we wish to convey as we work through the centers in the back.

WORKBOOK
Phase II
Pg. 9
Second Say Aloud

5. **REFER** observers to the say aloud at the bottom of page 9 and ask them to read it as the givers continue to clear the solar plexus.

   As we focus on the solar plexus, let us give the intent to accelerate the evolution of clarity within your sense of self.

6. After all students have completed clearing the solar plexus, **TELL** them they will now observe as you **DEMONSTRATE** clearing the creative center.

Clearing the Vital Energy Centers

1. **SAY:**
   - Givers, please observe while I demonstrate clearing the creative center.

WORKBOOK
Phase II
Pg. 11

2. After completing your demonstration **SAY:**
   - Observers please refer to page 11.
   - Givers, now we'll have you perform this movement.
   - Please take one step to the right which will put you in the proper position.

3. **SAY** to givers:
   - Please hold your right hand palm up, fingers pointing towards the base of the spine, amplifying golden energy.
   - Your left hand is placed with the palm facing downwards, 4 - 6 inches (10 - 15 cm) above the creative center.
   - Your left hand is circling clockwise above the creative center with a radius of 4 - 6 inches (10 - 15 cm). Be aware that you are clearing two energy centers at once.
   - After several rotations, stop the circling, hold for a moment and raise your left hand straight up about 24 inches (60 cm). Hold for a few seconds, reach up with the right hand and disconnect.
   - Repeat this movement two more times please.

The two energy centers are the base (root) chakra or vital energy center at the base of the spine and the second chakra which is the creative center.

WORKBOOK
Phase II
Pg.11
Say Aloud

4. **REFER** observers to the say aloud at the bottom of page 11 and ask them to read it as givers continue to clear the creative center.

   As we focus on the base center and the creative center, let us give the intent to accelerate the evolution of clarity within your vital energies. These centers support the expression of vitality.

5. After all students have competed clearing the vital energy center and creative center, **TELL** them to relax both hands at their sides.

Clearing the Heart Center

WORKBOOK
Phase II
Pg. 12

1. **SAY**:
   - The next movement is clearing the heart center.
   - Givers, please observe while I demonstrate clearing the heart center.

2. After completing your demonstration **SAY:**
   - Observers, please refer to page 12 in your workbooks.
   - Givers, now we'll have you perform this movement.
   - Please step slightly to your left, so that you are standing at your receiver's left shoulder.
   - You will be clearing the heart and high heart centers.

- Your right palm is upwards at a 45 degree angle, fingers pointing downwards towards your receiver's heart center, amplifying golden energy towards your receiver's heart center.
- Your left hand is placed with the palm facing downwards 4 - 6 inches (10 - 15 cm) above the heart center, circling clockwise with a radius of 4 - 6 inches (10 - 15 cm).
- After several rotations, stop the circling, hold for a moment and raise your left hand straight up 24 inches (60 cm). Hold for a few seconds and then reach up with your right hand and disconnect.

3. **SAY:**
   - Repeat this movement two more times please.

WORKBOOK
Phase II
Pg.12
Say Aloud

4. **REFER** observers to the say aloud at the bottom of page 12 and ask them to read it as the givers clear the heart center.

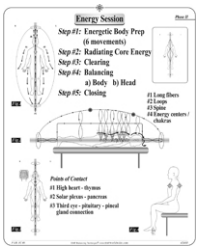
   As we focus on the heart center let us give the intent to accelerate the evolution of clarity within your heart as you express the energy of love.

5. After all givers have completed their final movement **SAY:**
   - Givers, you have just completed the third step of Phase II, - Clearing.
   - Take a nice deep breath.
   - Now, it is time for Step 4 - Balancing.

STEP 4: BALANCING

Balancing the Upper Body

Balancing the Solar Plexus



FLIP CHART
#9
Balancing

WORKBOOK
Phase II
Pgs. 13-15

WORKBOOK
Phase II
Pg.13
First Say Aloud

1. **TELL** givers:
   - Givers, please observe while I demonstrate balancing the upper body.
2. After completing your demonstration **SAY:**
   - Observers, please reference pages 13 - 15 in your workbooks.
   - Givers, now you will perform these movements.
   - Please position your chairs next to the receiver's left side and sit down. You are now in position to work on your receiver's solar plexus.
   - Givers, hold your left hand palm up; this is to ensure that you are using the correct hand.
   - Now, say to your receiver:

     The next part of the session is called balancing. I will be placing my left hand under your abdomen and placing my right hand on your solar plexus. Then I will place my hand above your creative center and then on or above your heart center.

3. **CONTINUE** to provide verbal guidance:
    - So now givers, slide your left hand palm up under the soft part of your receiver's abdomen.
    - You will keep your left hand in this position throughout the balancing of the upper body energy centers.
    - Now, with your fingers pointing towards your receiver's crown, place your right hand palm down on their solar plexus.
    - This touch generates a resonance of strength and stability.
    - Pointing your fingers toward the crown facilitates the strongest calibration possible.
    - As you practice you will gain increasing flexibility with this position.

4. **EXPLAIN** to givers that they will hold this position for about 60 seconds.

WORKBOOK
Phase II
Pg. 13
Second Say Aloud

5. As givers hold their position, **ASK** observers to read the say aloud at the bottom of page 13.

    This is Universal Energy, defined in this moment as an honoring and nurturing energy… You may receive as much as you choose.

WORKBOOK
Phase II
Pg. 14
First Say Aloud

6. After the observers complete reading the say aloud, **ASK** them to read the say aloud at the top of page 14.

    Let us give the intent to balance your sense of self as you express your wholeness.

7. **TELL** givers to pause for a moment to allow the energy to flow.

Balancing the Vital Energy Centers

8. After observers read the say aloud **SAY:**
   - Now givers, lift and hold your right hand above the creative center at a distance of about 4 - 6 inches (10 - 15 cm).
   - Hold the position for 30 seconds, again fingers pointing towards the crown.

WORKBOOK
Phase II
Pg. 14
Second Say Aloud

9. As givers hold this position **ASK** observers to read the second say aloud on page 14.

   Let us give the intent to balance your vital energies as you express your wholeness.

Balancing the Heart Center

10. After the observers finish reading the say aloud, **SAY:**
    - Givers, with your fingers pointing towards your receiver's crown, lift and hold your right hand 4 - 6 inches (10 - 15 cm) above the heart center.
    - Hold this position for about 30 seconds.

Remind givers that they have the option of placing their hand on the heart center, in which case they need to inform their receiver.

WORKBOOK
Phase II
Pg. 15
Say Aloud

11. As givers hold this position, **ASK** observers to read the say aloud on page 15.

    Let us give the intent to balance your ability to demonstrate the energy of love in your everyday life as you express your wholeness.

12. After observers finish the say aloud, **SAY:**
    - Givers, slowly lift your right hand away from your receiver's heart center and slide your left hand from under their abdomen.
    - Take a moment to sit straight in your chair. Relax and breathe normally. Invite your receiver take a deep breath.

- Stand up and place the chair at the head of the table. You will need it later.
- Return to stand at your receiver's left side, near the waist area.
- We will continue with the balancing, backing out of the field layer by layer, beginning with the spine.

Balancing the Spine

1. **TELL** givers that you will now **DEMONSTRATE** balancing the spine.

WORKBOOK
Phase II
Pg. 16

2. After completing your demonstration **SAY:**
   - Observers, please refer to page 16 in your workbooks.
   - Givers, now you will perform this same movement.
   - Bend your knees for a better range of movement, right hand palm upwards, fingers pointing towards the base of the receiver's spine, amplifying golden energy.
   - Your left hand is held palm down at the base of your receiver's spine, 2 - 4 inches (5 - 10 cm) from their body.
   - Keep your right hand stationary and move your left palm along the spine, 2 - 4 inches (5 - 10 cm) above your receiver's body, following the curvature of their spine, over the top of their head.
   - Finish the movement just above their crown, in a wavelike movement off the area of the third eye.

3. **PAUSE** for a moment while the givers complete their movements, then **SAY:**
   - Givers, please complete this movement two more times.

WORKBOOK
Phase II
Pg. 16
Say Aloud

4. **ASK** observers to read the say aloud on page 16 while givers are completing their final two movements.

   Feel, sense, imagine, or think bout the energy within your spine. Let us give the intent to balance and increase the strength of the energetic posture of your self-direction and self-support.

5. **TELL** givers once they have finished balancing the spine, to stand at the left side of their receiver with their arms extended and hold the energy.

Balancing the Infinity Loops

1. **TELL** givers the next movement is balancing the infinity loops.

2. **DEMONSTRATE** the movement for balancing the infinity loops. **SAY:**
   - Givers, please observe while I demonstrate balancing the infinity loops.

WORKBOOK
Phase II
Pgs. 17-18

3. After completing your demonstration **SAY:**
   - Observers, please refer to page 17 - 18 in your workbooks.
   - Givers, now you will practice this same movement.
   - With your knees slightly bent, stand at the receiver's feet; hold your left hand palm up, shoulder height to receive golden energy.
   - Your right hand is held in the Center Below, 24 inches (60 cm) below the feet with your palm facing the soles of the feet.

4. **CONTINUE** to provide verbal direction:
    - From the Center Below, move your right hand towards the soles of your receiver's feet, amplifying golden energy through the infinity loops beneath the feet.
    - A few inches from the feet, raise your right hand, palm still facing forward, to 12 inches (30 cm) above the body and walk slowly alongside the table as you continue moving your hand in a straight line, amplifying golden energy through the infinity loops.
    - A few inches (cm) past the head, you lower your right hand, palm still facing forward, so the back of your hand is aligned with the crown, and move your hand forward to their Center Above, 24 inches (60 cm) away from the crown.

5. **PAUSE** for a moment while the givers complete their movements, then **SAY:**
    - Givers, please complete this movement two more times please.

You can tell the class that clear communication within ourselves leads to clear communication with others and our magnificent partner the Universe.

WORKBOOK
Phase II
Pg. 18
Say Aloud

6. **ASK** observers to read the say aloud on page 18 while givers are completing their final two movements.

    Remember, the infinity loops maintain the self regulating dynamics of the Universal Calibration Lattice. Let us give the intent to balance the energetic flow to support the infinite communications within your being.

7. **TELL** givers once they have finished balancing the infinity loops, to stand at the left side of their receiver and hold the energy.

Balancing the Long Informational Fibers

1. **TELL** givers the next movement is balancing the long informational fibers.

2. **SAY**:

   - Givers, please observe while I demonstrate balancing the long informational fibers.

WORKBOOK
Phase II
Pgs. 19-20

3. After completing your demonstration **SAY:**

   - Observers, please refer to pages 19 - 20 in your workbooks.
   - Givers, your knees are slightly bent, your left hand palm up about shoulder height to receive golden energy.
   - Place your right hand palm up in the Center Below.
   - Begin by following the arc of the long informational fibers with your right hand, palm up.
   - As you follow the arc, begin to turn your hand so the palm faces forward.
   - Walk slowly alongside the table as you continue moving your hand and amplifying golden energy through these long fibers, 24 inches (60 cm) above your receiver's body, palm facing forward.
   - As you approach the crown, follow the arc of the fibers, slowly turning the palm of your right hand to face downward, level with the crown.
   - Complete the movement by anchoring the energy in the Center Above, 24 inches (60 cm) away from the crown.
   - Givers, please complete this movement two more times.

The left hand is held about shoulder height throughout the movement.

WORKBOOK
Phase II
Pg. 20
First Say Aloud

4. **ASK** observers to read the first say aloud on page 20 while givers are completing their final two movements.

   You may give the intent to amplify as much golden energy ass possible through your back fibers to strengthen all the energetic calibration that have occurred in this session.

5. **REMIND** givers to stand at their receiver's side and hold the energy once they complete their third and final movement.

WORKBOOK
Phase II
Pg. 20
Second Say Aloud

6. After all givers have completed their movements, **ASK** them to lift their receiver's covering and **SAY** to your receiver:

   Take a deep breath. Carefully, very carefully, please, roll over onto your back.

7. **TELL** givers:
   - Givers, tell your receiver to begin their roll with their back toward you and their front facing away from you.
   - Givers, please help direct your receivers.
   - This ensures a safe range of movement.

8. After the receivers have rolled onto their back **SAY:**
   - Place the cover on your receiver and make sure they are comfortable.

9. **SAY** to givers:
   - Givers, please sit in the chair at the top of the table.
   - Take a moment and center yourself.

Balancing Around the Head

Working With Groups of Two

If you are working with groups of two, you will need to guide givers through all the steps beginning with step 10 and read all the parts designated for the observer to the receivers.

Working With Groups of Three

You have two options for the balancing around the head.

OPTION 1: OBSERVERS GUIDE GIVERS

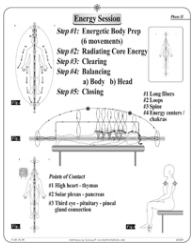
Instruct the observers to begin on page 21 of their workbooks and verbally guide the giver through all the movements up to and including those on page 25. Observers will need to read all the say alouds (intents) to the receiver where indicated. Remind them to take their time. As the groups work independently, please provide assistance as needed.

After all groups have finished, continue your teaching beginning on page 98 of the teacher manual, *Final Adjustments*.

OPTION 2: TEACHER GUIDES GIVERS

You can guide the givers and observers through all the steps beginning with number 10 below.

10. **TELL** givers and observers that they will now perform balancing around the head.



FLIP CHART
#9
Balancing

WORKBOOK
Phase II
Pg. 21
First Say Aloud

WORKBOOK
Phase II
Pg. 21
Second Say Aloud

11. **SAY:**

- Observers, please refer to page 21 in your workbooks.
- Givers, now you will perform the same movement you did in Phase I.
- Givers, say to your receiver:

  I will be placing both my hands underneath or on either side of your head.
- Place both hands palms up in a comfortable position underneath the back of the receiver's head.
- Hold their head gently with both hands. The contact here is important.
- Hold this position for about 30 - 60 seconds.

12. **ASK** observers to read the second say aloud on page 21 while givers are holding their receiver's head.

    Feel, sense, imagine, or think about rings of energy that circle your head horizontally and vertically. Let us give the intent that they calibrate into an evenly spaced, healthy pattern according to your inner wisdom.

13. After a minute **SAY:**

- Givers, slowly move your hands away from the receiver's head and center yourself for a moment.

Suggest to givers that if their receiver's head is resting on a pillow, it may be more comfortable to place their hands on each side of the head.

Phase II Octahedron Template
Honoring the Wholeness of Self Direction and Self Support

1. **TELL** givers and observers the next movement is setting the double Octahedron.

WORKBOOK
Phase II
Pgs. 22-25

2. **SAY:**
   - Observers, please read the first say aloud on page 22 to the receiver.

     I will be placing my left hand underneath your neck; then I will lightly place my hand on your crown, each shoulder, and your heart center.

WORKBOOK
Phase II
Pg. 22
First Say Aloud

   - Now givers, slide your left hand palm up underneath the receiver's neck and hold your right hand palm facing crown.

3. **SAY** to givers:
   - Givers, please follow as I guide you through setting the double Octahedron template.

Givers should repeat to their receiver what you read to them in the italics, followed by the movement.

WORKBOOK
Phase II
Pg. 22
Second & Third
Say Aloud

4. **ASK** givers to repeat after you:

   Please visualize the octahedron shaped template of light we worked with in Phase I. This template begins at your crown ...

5. **ASK** givers to lightly touch the top of their receiver's crown with the fingers of their right hand.

WORKBOOK
Phase II
Pg. 23
First
Say Aloud

6. **SAY:** *extends out to each shoulder…*
7. **ASK** givers to touch each shoulder.
8. **SAY:** *and converges at your heart center.*

9. **ASK** givers to lightly touch their receiver's heart center, with the fingertips of their right hand.

10. **SAY** to givers:

    - Lift your hand away from the heart center, extend your arm, holding your palm to face the feet of your receiver.

WORKBOOK
Phase II
Pg. 23
Say Aloud

11. **ASK** observers to read the say aloud at the bottom of page 23 to the receiver.

    Please visualize the second octahedron shaped template for Phase II. This template starts at your heart, expands at your hips and meets at your knees. This octahedron supports the integration of your history in the evolution of your wholeness.

12. **TELL** givers they will now activate the double Octahedron template, a contemporary alignment.

WORKBOOK
Phase II
Pg. 24
First Say Aloud

13. **SAY:**

    - Observers, please refer to page 24 in your workbooks.
    - Givers, say to your receiver:

      I will be placing two fingers on your high heart center.
    - Givers, place your right index and middle fingers lightly on the receiver's high heart center (the thymus).

WORKBOOK
Phase II
Pg. 24
Second Say Aloud

14. **SAY** to observers:

    - Observers, please read the second say aloud on page 24.

      Together, let us amplify concentrated golden energy through your high heart center and give the intent for its complete activation and evolution.

15. **TELL** givers to hold this connection for 30 -60 seconds.

WORKBOOK
Phase II
Pg. 24
Third Say Aloud

16. **SAY** to observers:

    - Observers, please read the third say aloud on page 24.

      I will now lightly touch the area of your solar plexus. You may give the intent to integrate and translate the energy of the second octahedron within your sense of self.

17. **TELL** givers:

    - Lightly place your two fingers to the left of their navel, on the area of the pancreas.
    - Hold for 15 seconds.

WORKBOOK
Phase II
Pg. 25
First Say Aloud

18. After givers have held their position for about 15 seconds **SAY:**

    - Observers please read the first say aloud at the top of page 25 in your workbooks.

      I will now place my two fingers on your forehead.

19. **SAY** to givers:

    - Place the same two fingers on your receiver's forehead (the third eye - pituitary pineal gland connection) and hold for 30 - 60 seconds.

Hold up your two fingers to provide a visual reference for the class.

WORKBOOK
Phase II
Pg. 25
Second Say Aloud

20. **SAY** to observers:

- Observers please read the second say aloud at the top of page 25 in your workbooks.

  These three points of contact empower the energy of the Phase I and the Phase II octahedrons. May you continue to strengthen the balanced expression of your wisdom and love in daily life.

21. **SAY** to givers:

- Now, move your hand away from your receiver's forehead and slide your left hand from under your receiver's neck.
- Take a deep breath and center yourself for a moment.

Final Adjustments

1. **TELL** givers the next position is to make any needed final adjustments.

WORKBOOK
Phase II
Pg. 26
First Say Aloud

2. **GUIDE** observers and givers:

- Observers, please refer to page 26 in your workbook and read the first say aloud on page 26 to the receiver.

  I will be placing my hands on your jaw.

- Givers, please place your hands on the receiver's jaw, palms towards their face - be sure your hands are not around the chin but rather nearer to the joint of the jaw.
- Hold this connection for 30 - 60 seconds.

WORKBOOK
Phase II
Pg. 26
Second Say Aloud

3. While givers are holding their receiver's jaw, **SAY** to observers:
   - Observers, please read the second say aloud in the middle of page 26 to the receiver.

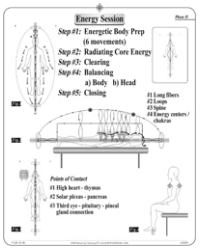
     If there are any other adjustments to be calibrated through your lattice, please allow them to be made now, and as always, in accordance with your inner wisdom.

4. **SAY** to givers:
   - Then slowly move your hands away from the receiver's jaw and rest them on your lap.
   - Take a moment and center yourself.

5. **PAUSE** for a moment while the givers center themselves.

STEP 5: CLOSING

Energy Integration



FLIP CHART
#9
Closing

1. **REFERING** to the flip chart **SAY:**
   - The next and final step in Phase II is the Closing.
   - Please observe while I demonstrate the first movements in the Closing.

WORKBOOK
Phase II
Pgs. 27-34

2. **SAY:**
   - Observers, please refer to page 27 in your workbooks.
   - Givers, stand at the receiver's right side at thigh level, feet pointing towards your receiver's head.
   - Keeping your body facing the receiver's crown deepens the calibration.

Tell the class that the closing movements in Phase II will energetically process all the new alignments of this session and effectively integrate them throughout the foundational energies of the receiver.

- Place your right hand above the left hip and your left hand above the right hip, keeping your hands about 4 - 6 inches (10 - 15 cm) above your receiver's body.
- Hold this position for 30 - 60 seconds as this connection allows the energy to integrate.

WORKBOOK
Phase II
Pg. 27
First Say Aloud

3. **ASK** observers to read the first say aloud on page 27 to the receiver, while givers hold their position.

   Let us focus on the energy of wholeness (pause)*...and give the intent to strengthen the energy of wholeness within your hips, your thighs, your knees, your claves, your feet, and your Center Below.*

WORKBOOK
Phase II
Pg. 27
Second Say Aloud

4. **ASK** observers to read the second say aloud on page 27 to the receivers.

   I will be placing my hands on your knees and then on your ankles.

WORKBOOK
Phase II
Pg. 28

5. **TELL** givers:
   - Raise your hands a few inches away from your receiver's hips and place them directly on their knees.
   - Your right hand is on their left knee and your left hand is on their right knee.
   - This connection encourages the energy to build and balance in these energy centers.
   - Hold for 30 - 60 seconds.

WORKBOOK
Phase II
Pg. 28
Say Aloud

6. **SAY** to observers:
   - Please read the say aloud on page 28 to the receiver.

     Your energy continues to calibrate to a new resonance as you focus on the energy of wholeness within your legs, your feet, and your Center Below. This calibration assists you in creating strong foundations for the path you choose to manifest in life.

7. **SAY** to givers:
    - Raise your hands a few inches from the receiver's knees and remaining at their side, move your hands towards their ankles.
    - Place your right hand on the receiver's left ankle, your left hand on their right ankle.
    - Hold for 30 - 60 seconds.

WORKBOOK
Phase II
Pg. 29
Say Aloud

8. **ASK** observers to read the say aloud on page 29 while givers hold their receiver's ankles.

   Remember, the key to freedom is to be fully present in your body.

9. **TELL** givers to let go of their receiver's ankles, relax their arms at their sides and breathe.

10. **ASK** to givers to pause for 30 seconds to allow the energy to calibrate through the infinity loops beneath their receiver's feet, connecting to their Center Below.

11. **ASK** givers to move to the bottom of the table and face their receiver's feet.

Amplifying Energetic Awareness and Grounding

WORKBOOK
Phase II
Pg. 30

1. **EXPLAIN** to givers that they will now amplify golden energy up through the body.

2. **SAY** to givers:
    - Please extend your arms, palms facing the soles of the receiver's feet.

WORKBOOK
Phase II
Pg. 30
First Say Aloud

3. **SAY** to observers:

   - Please read the first say aloud on page 30 to the receiver.

   Focus your awareness on the energy of wholeness within your feet, your calves, your knees, your thighs, your hips, your abdomen and your chest, your back, your shoulders, your arms and hands, your neck and your head. Feel, sense, imagine or think about your entire Universal Calibration Lattice…and acknowledge the energy of wholeness.

WORKBOOK
Phase II
Pg. 30
Second Say Aloud

4. **ASK** observers to read the second say aloud at the bottom of page 30.

   As I place my hands on your ankles, remember it is here and now in everyday life you evolve your ability to manifest all that you are.

5. **SAY** to givers:

   - Now, from the bottom of the table, firmly but gently hold your receiver's ankles for 30 - 60 seconds.

6. **REMIND** givers that holding the ankles is helping to anchor and ground their receiver.

7. **TELL** givers to lift their hands away from the receiver's ankles and step to their left.

8. **TELL** givers to gently uncover their receiver.

WORKBOOK
Phase II
Pg. 31
Say Alouds

9. **ASK** givers to repeat after you:

   Please roll onto your side, facing me, and sit up.

   Carefully slide to your left so you are near the end of the table.

Final Grounding and Greeting

1. **TELL** givers that they will now complete the final grounding and greeting of their receivers.

WORKBOOK
Phase II
Pg. 32

2. **REFER** observers to page 32 in their workbooks.

3. **SAY** to givers:
   - Stand in front of your receiver and with your arms extended, palms up and fingers pointing towards the feet of your receiver, amplify energy towards their feet, providing increased grounding.
   - Allow 30 - 60 seconds for the energy to flow.
   - Be sure to look confident.

4. **SAY** to receivers:
   - Receivers, you can look confident too!

5. **ASK** givers to move to their right, walk to the bottom of the table and stand by their receiver's left shoulder.

Remind givers that looking confident in respectful celebration is important. Every time you celebrate the empowerment of another human being, you celebrate your own empowerment.

High Heart Alignment and Closing Statement

1. **EXPLAIN** to givers that they will now complete the high heart alignment and closing statement, completing Phase II.

WORKBOOK
Phase II
Pg. 33
First Say Aloud

2. **ASK** observers to read the first say aloud on page 33 to the receiver.

   I will be placing my right hand on your back high heart center and my left hand on your front high heart center.

3. **SAY** to givers:
   - Place your right hand on the receiver's back high heart center and your left hand on their front high heart center.
   - Hold for 30 - 60 seconds.

WORKBOOK
Phase II
Pg. 33
Second Say Aloud

4. **ASK** observers to read the second say aloud on page 33 to the receiver.

   Relax and breathe deeply. This is a pure place of centeredness and peace and it is always here.

WORKBOOK
Phase II
Pg. 33
Third Say Aloud

5. **ASK** observers to read the third say aloud at the bottom of page 33.

   I will now place my left hand on the back of your neck.

6. **SAY** to givers:
   - Keeping your right hand on the high heart center on your receiver's back, move your left hand and place it on the back of your receiver's neck.

7. **ASK** givers to say their receiver's first name.

WORKBOOK
Phase II
Pg. 34
Say Alouds

8. **ASK** observers to read the first and second say alouds on page 34.

   (Say receiver's name) Be aware of your light and energy as you radiate front, sides, back, top and bottom of your being. The work that has been done strengthens your lattice and deepens your connection with the energy of the earth. Your body's wisdom will amplify and direct this energy exactly where you need it for your highest good.

   I honor you and the Infinite Potential within you. And so it is.

Remind the class that there is no back discharge in the Closing of Phase II because of all the work that has been done on the back throughout the session.

Tell students that in this final say aloud we amplify and direct the energy.

9. **SAY:**

   - Givers, gently remove your hands from your receivers and let your arms relax at your side.
   - Step to your left and stand before your receiver.
   - Receivers, please take about 5 minutes and provide feedback to your giver and observer.

10. **TELL** the class they will take a 10 minute break and when they return you will summarize and then break for lunch.

- - - 1 0 m i n u t e b r e a k - - -

Morning Summary

***

FLIP CHART
Day Schedule
and Phase II
Steps

1. **WELCOME** the class back from their break.

2. **REFERRING** to the flip chart, provide a **GENERAL SUMMARY** of the morning session:
   - We started this morning providing the theory of the Phase II.
   - We then did the Alignment Meditation for Phase II.
   - Then we discussed the five steps in Phase II: the Energetic Body Prep, Radiating Core Energy, Clearing, Balancing and Closing.
   - Next, we saw a video demonstration of Phase II.
   - Then we divided into groups and completed the first practice session.

3. **ASK** the class what questions they have and respond appropriately.

4. **TELL** the class that they will now break for lunch.

5. **PROVIDE** details regarding the lunch break:
   - Lunch will be (*length of time for lunch*) and we will start the afternoon session promptly at _____pm.

You may adjust the length of the break depending on your training location and time.

Begin with the day schedule and finish with highlighting the steps in Phase II.

1-1$^{1/2}$ hours is recommended if time permits.

- - - - E N D O F M O R N I N G S E S S I O N - - - -

- - - L U N C H B R E A K - - -

EMF Balancing Technique®

Honoring Humanity

Unit 6

Practice Session 2

Unit 6: Practice Session 2

Time: 1 hour 15 minutes

1. **WELCOME** the class back from lunch and introduce the second practice session for Phase II:
   - Now we will begin Practice Session 2. Please rotate into your next role.
2. **REMIND** students to refer to their student rotation form if they are unclear of their next role.

Turn to page 58 step 7 and begin Practice Session 2.

After completing Practice Session 2, provide a 10 minute break before proceeding to Unit 7 Practice Session 3.

--- 10 minute break ---

EMF Balancing Technique®

Honoring Humanity

Unit 7

Practice Session 3

Unit 7: Practice Session 3

Time: 1 hour 15 minutes

1. **WELCOME** the class back from break and introduce the third practice session:
   - Now we will begin Practice Session 3. Please rotate into your next role.

Turn to page 58 step 7 and begin Practice Session 3.

After completing Practice Session 3, provide a 10 minute break before proceeding to Unit 8 Summary and Conclusion.

--- 10 minute break ---

EMF Balancing Technique®

Honoring Humanity

Unit 8

Summary and Conclusion

Unit 8: Summary and Conclusion

Time: 1 hour

Review the Energy Session

This is an extensive review. You may abbreviate this review if you feel your students have obtained a clear understanding of the movements. Also if it is late in the day, you may provide this review at the beginning of the next class meeting.

1. **WELCOME** the class back from break.

2. **ASK** the class to share some of their experiences while they were experiencing a session.

3. **CONGRATULATE** everybody on doing a great job.

As you ask questions to the class, provide the answers that the class struggles with. Congratulate those students that provide correct answers or efforts made.

WORKBOOK
Phase II
Pg. 36
Energy
Session

4. **REFER** the class to the Phase II energy session page on page 36 in their workbooks.

5. **EXPLAIN** the Phase II energy session page:
   - We will use the illustrations on this page to review your Phase II session.
   - Using each of the illustrations, I will guide you through each step in your Phase II session.
   - As I do, you will be able to label and note key information.

During your review, be sure to provide reinforcing comments such as "well done" or "good answer."

6. **REFER** the class to Figure 1, located in the upper left corner, on the Phase II energy session page and **ASK:**

   - What do we call the area labeled CB located below the feet?

     Desired Response: *Center Below*

7. **ASK:**

   - What is the distance between the bottom of the receiver's feet and the Center Below?

     Desired Response: *24 inches (60 cm)*

8. **REFERRING** to the CA **ASK:**

   - What does the area labeled CA above the head refer to?

     Desired Response: *Center Above*

9. **ASK:**

   - What is the distance between the top of the receiver's head and the Center Above?

     Desired Response: *24 inches (60 cm)*

10. **ASK:**

    - What do we call the column of energy that runs from the Center Below to the Center Above?

      Desired Response: *Core Energy*

11. **POINT OUT** on the diagram, the R and L which designate the right and left side of the receiver.

12. **TELL** the class that there are five steps in Phase II. **ASK:**

    - Who would like to volunteer to name them?

      Desired Response: *Energetic Body Prep, Radiating Core Energy, Clearing, Balancing and Closing*

Provide reinforcing comments for answers, like "good" or "well done".

It is helpful to briefly demonstrate some movements. It will help reinforce your review of them.

STEP 1: ENERGETIC BODY PREPARATION

13. **SAY:**

    - We began our Phase II session with the Honoring.
    - And as you know, it is stated at the beginning of *every* session.

The Honoring

14. **SAY:**

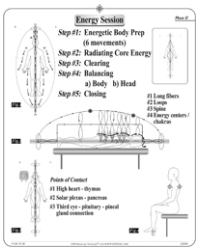
    - Standing at the foot of the table with your arms extended, palms up, you stated the Honoring.

15. **SAY:**

    - Let's say the Honoring together.

16. **LEAD** the class in stating the Honoring:

    From the Infinite potential within me to the infinite potential within you and in honor of our unique beliefs, let us begin.



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

1. **INTRODUCE** the Energetic Body Prep:
   - Let's begin with the first step in Phase II – the Energetic Body Prep.
   - How many movements are there in the Energetic Body Prep?

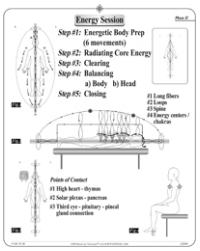
     Desired Response: *Six*

   - What is the first movement?

     Desired Response: *Amplifying energetic awareness.*

Amplifying Energetic Awareness

2. **REFER** the class to Figure 1 #1 on their diagrams and **EXPLAIN:**
   - You amplified golden energy up through the body, knees and thighs, hips to the waist, through the back, abdomen and chest, into the shoulders, down the arms, out the hands, through the neck and head and out the top of the head.
   - We start with golden energy because that is the resonance that we are amplifying through the body.



FLIP CHART
#9 Energy Session

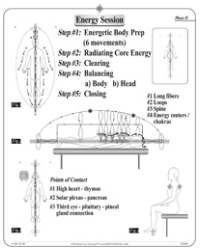
WORKBOOK
Phase II
Pg. 36
Energy Session

- Then we allow the receiver's energy to respond.
- As the receiver's energy responds, we then work with the receiver's personal energy through the legs and the arms.
- For the heart center you use golden energy.
- It is an integrative process.
- Also, amplifying energy up through the body initiates the circulation of energy and assists the receiver in raising their vibrational frequency, sets the resonance for a good session and prepares the body energetically.

You can remind the class that they are working with the figure located in the upper left corner of their energy session page.

Right Leg - Amplifying Energetic Awareness

1. **EXPLAIN** amplifying energy down the right leg:
   - Referring to the same diagram, the second movement is represented by #2 - amplifying energy down the right leg.
   - You started at the top of the thigh and keeping your hands 2 - 4 inches above the receiver's leg, you moved down the leg in one smooth continuous movement until you reached the toes of the receiver's right foot.
   - At the end of the foot, you held your right fingertips above your receiver's toes, pivoted your body and rotated your left palm until it faced the sole of their foot with your fingers pointed downward.



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

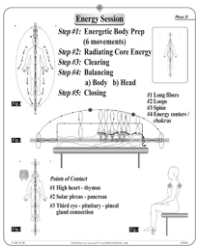
- You then held this position momentarily and keeping your right fingertips over the receiver's toes, you brought your left hand back 24 inches (60 cm) in a straight horizontal line, level with their foot.
- You held this position for a few seconds to allow the energetic tension to build.
- Then, without moving your left hand, you brought your right hand back to your left hand to disconnect.
- And as you recall, the disconnect is a palm sweeps palm fingertips sweeps fingertips movement.
- The intent here is to enhance a strong connection to the Center Below.

2. **ASK:**

   - What movement is next?

     Desired Response: *Left leg - amplifying energetic awareness*

Left Leg - Amplifying Energetic Awareness



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

1. **REFER** the class to Figure 1 #3 and **EXPLAIN** amplifying energy down the left leg with the same detail as the right leg.

2. **TELL** the class that the same intent is repeated that was used for the right leg, to enhance a strong connection to the Center Below.

3. **ASK:**

   - What movement is next?

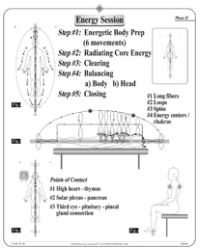
     Desired Response: *Right arm - amplifying energetic awareness*

Remind the class that they when they work with their receivers, they will walk around the bottom of the table to the receiver's left side.

Right Arm - Amplifying Energetic Awareness

1. **REFER** the class to Figure 1 #4 on the diagram and **EXPLAIN** amplifying energy down the right arm:

   - Facing the receiver's crown, you uncovered your receiver's arm.
   - Then you turned their right hand palm up so their elbow was on the table and gently straightened the fingertips if they were curled.
   - With your hands 2 - 4 inches (5 - 10 cm) from the body, you began at the shoulder with your left palm up below the shoulder and your right hand palm down above the shoulder and amplified the energy down the right arm to the receiver's fingertips.



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

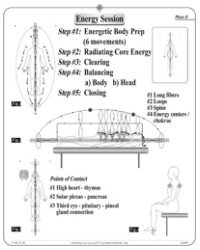
- As soon as you were able you brought your left hand under the arm so that you were amplifying energy down both sides of the arm.
- As you reached your receiver's right hand, you turned your body so your back was facing their right leg.
- You positioned your fingertips so they were aligned with your receiver's fingertips at a distance of 2 - 4 inches (5 - 10 cm).
- You held this position momentarily and then moved your left hand away from your receiver's fingertips to a distance of 24 inches (60 cm).
- Then after holding for a few seconds allowing the energetic tension to build and without moving your left hand, you brought your right hand back to your left hand and disconnected.
- Then you placed your receiver's arm in its original position and replaced their cover.
- The intent was for the receiver to increase the radiating of their heart energy, creating greater freedom.

2. **ASK:**

   - What movement is next?

     Desired Response: *Left arm - amplifying energetic awareness*

Left Arm - Amplifying Energetic Awareness



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

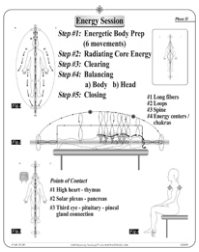
1. **REFER** to Figure 1 #5 and **EXPLAIN** amplifying energy down the left arm:
   - Once again you were facing the receiver's crown.
   - You turned their left hand palm up so their elbow was on the table and gently straightened the fingertips if they were curled.
   - With your hands 2 - 4 inches (5 - 10 cm) from the body, you began at the shoulder with your right hand palm up below the shoulder and your left hand palm down above the shoulder. You amplified the energy down the left arm to the receiver's fingertips.
   - As soon as you could you brought your right hand under the arm so that you were amplifying energy down both sides of the arm.
   - Once you aligned your fingertips with your receiver's fingertips you rotated your hands so that your left palm faced up.
   - Your fingertips were 2 - 4 inches (5 - 10 cm) from your receiver's fingertips.
   - You held this position momentarily and then moved your left hand away from your receiver's fingertips to a distance of 24 inches (60 cm).
   - Then after holding for a few seconds allowing the energetic tension to build and without moving your left hand, you brought you right hand back to your left hand and disconnected.
   - Then you placed your receiver's arm in its original position and replaced the cover.
   - The intent is the same as for the right arm - to increase the radiating of their heart energy, creating greater freedom.

2. **ASK:**

   - What movement is next?

     Desired Response: *Focusing awareness within the heart center*

Focusing Awareness Within the Heart Center



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

1. **REFER** to Figure 1 #6 and **EXPLAIN** amplifying energy towards the heart center:

   - After completing your work with the left arm you walked around the foot of the table and stood at your receiver's right shoulder, facing their crown.

   Remind the class that during the actual session once they complete their movements, they will walk around the foot of the table to continue with the heart center.

   - Holding your right palm upwards you pointed your fingertips downwards toward the heart center at a 45 degree angle about 4 - 6 inches (10 - 15 cm) above your receiver's body.
   - At the same time, your left hand with palm facing your receiver's crown circled clockwise with a radius of 4 - 6 inches (10 - 15 cm).
   - Then you stopped circling. Your left hand remained stationary, while you rotated your right hand to a horizontal position so your palm faced the receiver's heart center at a distance of about 3 inches (7 cm) with your fingers pointing toward your receiver's crown.

   Demonstrating this will help illustrate your explanation.

   - Then while your right palm remained over your receiver's heart center, you drew your left hand back and away from their crown to a distance of 24 inches (60 cm).
   - Holding for a few seconds to build the energetic tension and without moving your left hand, you brought your right hand to your left and disconnected.
   - The intent here is for a strong, clear connection to the Center Above.
   - That completes the Energetic Body Prep.
   - On your energy session page, just to the right of Figure 1, next to *Step #1* please write *Energetic Body Prep (6 movements).*

2. **ASK** students:

   - How many times should you perform each of the movements in the Energetic Body Prep?

     Desired Response: *3 - 9 times depending on the needs of your receiver*

3. **EXPLAIN:**

   - Also be aware that you do not have to perform the same number of movements on each side of the body.
   - For example, you may perform amplifying energy down the right leg of your receiver three times and then amplifying energy down the left leg six times.
   - Again, it depends on the needs of your receiver.

4. **ASK** for questions and respond as needed.

WORKBOOK
Phase II
Pg. 2
Radiating Core Energy

5. Review the second step in Phase II by **ASKING:**

   - What is the next step after the Energetic Body Prep?

     Desired Response: *Radiating Core Energy*

You can invite the class to use their Phase II workbooks for reference.

STEP 2: RADIATING CORE ENERGY

1. **ASK:**

   - What do you need to ask your receiver before you begin this movement?

     Desired Response: *Say Receivers name: In this moment do you choose to increase the radiating of your Core Energy?*

2. **ASK:**

   - What is the type of energy that we use for radiating core energy?

     Desired Response: *Clear energy*

Invite the class to use their Phase II workbooks for reference throughout the review.

Provide assistance as needed.

WORKBOOK
Phase II
Pg. 2
Radiating Core Energy

3. **EXPLAIN** radiating core energy:
   - Please turn to the diagram on page 2 of your Phase II manuals.
   - Please refer to this diagram as we review radiating core energy.
   - Standing at your receiver's right shoulder and facing their crown, you raised your left hand about shoulder high, to receive clear energy.
   - Your right hand was held with your palm facing you and fingertips pointing straight down in the Center Above.
   - Then you slowly walked backwards moving your right hand in the same plane about 6 inches (15 cm) above your receiver's body to the Center Below.
   - After reaching the Center Below, you slowly lifted your hand to a height approximately even with the height of your left hand.
   - On your energy session page, just to the right of Figure 1 next to *Step #2*, please write *Radiating Core Energy.*

Point out that in Phase I they radiate core energy from the crown to the base of the spine. For Phases II-III, they radiate from the Center Above to the Center Below.

4. Review the third step by **ASKING:**

   - What is the next movement after we radiate core energy?

     Desired Response: *Clearing*

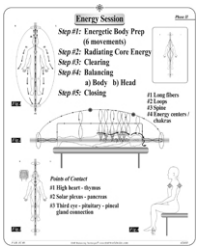
   - On your energy session page, just to the right of Figure 1 and next to *Step #3*, please write *Clearing.*

5. **SAY:**

   - Then you asked your receiver to turn over onto their front so you were able to work on the back of the UCL.

STEP 3: CLEARING

Clearing the Long Informational Fibers



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

1. **ASK:**

   - What is the first area that we clear?

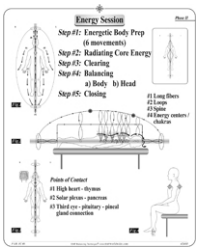
     Desired Response: *Long informational fibers*

2. **REFER** the class to Figure 2 in the middle of the energy session page.

3. **EXPLAIN:**

   - You were standing at your receiver's feet, at the side of the table.

   - You started in the Center Below, 24 inches (60 cm) below your receiver's feet with your right hand palm up.

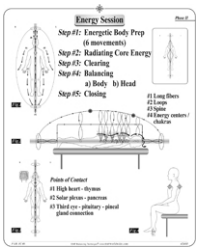


FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

- Please take a moment and write *24 inches (60 cm)* between the feet of the figure and the Center Below and *24 inches (60 cm)* between the crown and the Center Above.
- Your knees were slightly bent, your left hand palm up about shoulder height to receive golden energy.
- You began by following the arc of the long informational fibers with your right hand, palm up.
- As you started your walk forward, you turned your right hand so the palm faced forward.
- You walked slowly alongside the table and continued moving your hand, palm facing forward amplifying golden energy through the long informational fibers.
- Your hand was held 24 inches (60 cm) above your receiver's body.
- As you approached the crown, you slowly turned the palm of your right hand to face downwards and finished the movement by anchoring in your receiver's Center Above, level with the crown.

You can demonstrate this movement as you describe it.



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

4. **ASK:**

- Once again, what is the distance of your right hand from the receiver's body as you perform this movement?

  Desired Response: *24 inches (60 cm)*

- Please take a moment and note on your illustration *24 inches (60 cm)* from the back of your figure to the line which designates the path of movement through the long informational fibers.

- Next to the #1, on Figure 2 just to the right of the figure lying down please write *clearing long informational fibers.*

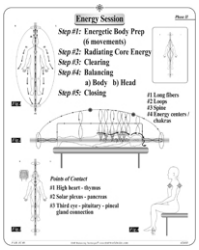
5. **SAY:**

- You also had two say alouds: the first intent was for release and the second intent was for activation.

Inform the class that they can number each illustrated movement on the figure for reference.

Suggest that they use arrows pointing downward to illustrate that during the clearing movements they are working their way into the field.

Clearing the Infinity Loops

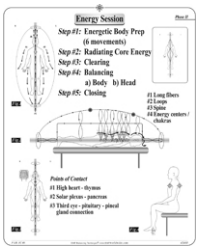


FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

6. **EXPLAIN** clearing the infinity loops:
   - The next area that we cleared was the infinity loops.
   - Once again you were standing at your receiver's feet, at the left side of the table.
   - Your knees were slightly bent, your left hand palm up about shoulder height to receive golden energy.
   - Your right hand was held in the Center Below, 24 inches (60 cm) below the feet with your palm facing the soles of the feet.
   - From your receiver's Center Below, you moved your right hand towards the soles of their feet, amplifying golden energy through the infinity loops beneath the feet.
   - A few inches from the feet, you raised the right hand with the palm still facing forward, 12 inches (30 cm) above the body.
   - Walking slowly alongside the table you continued moving your hand in a straight line, while amplifying golden energy through the infinity loops.
   - A few inches (cm) past the head, you lowered your right hand, palm still facing forward so the back of your hand was aligned with their crown and moved your hand forward to your receiver's Center Above, 24 inches (60 cm) above their crown, amplifying golden energy through the infinity loop on the top of the head.
   - And again, you had an intent here.
   - Next to #2 on Figure 2, please write *clearing infinity loops.*

Clearing the Spine



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

7. **EXPLAIN** clearing the spine**:**

- As you can see on your diagram, we are working our way into the field.
- We started with clearing the long informational fibers and then we cleared the infinity loops.
- Next we cleared the spine using golden energy.
- Again, you were standing at your receiver's left side near the waist area, your feet pointing towards the table.
- Your knees were slightly bent for a better range of movement.
- You held your right hand palm up with the fingers pointing towards the base of the spine at about a 45 degree angle.
- Next, you held your left palm down at the base of the spine, 2 - 4 inches (5 - 10 cm) from the body.
- Keeping your right hand stationary, you moved your left hand towards your receiver's crown while following the curvature of their spine.
- And then finished the movement just above the receiver's crown in a wave-like movement off the area of the third eye.
- Working with the spine, you are also working with the restrictions as indicated by the U shapes around the spine in your illustration.
- Also, as you can see in your illustration, some of the U shaped restrictions have tentacles and the majority of these are located under the ribs.
- Next to the #3, on Figure 2 please write *clearing the spine.*

Clearing the Vital Energy Centers

Clearing the Solar Plexus

8. **SAY:**

   - Next, you informed your receiver that you were going to gently place your hand on their solar plexus.
   - You then proceeded to clear the solar plexus.
   - On your illustration, this is indicated by the V shape at the solar plexus.

Clearing the Vital Energy Centers

9. **ASK:**

   - What is the next area that we cleared?

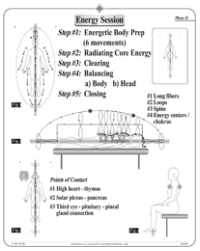
     Desired Response: *creative center and the base center*
   - On your illustration, please locate the creative center and the base center.

Clearing the Heart Center

10. **ASK:**

    - What is the last area that we clear?

      Desired Response: *heart center*
    - On your illustration, please locate the heart center.
    - Next to #4 on your page, please write *clearing the energy centers.*
    - You can label and number each of the energy centers for a clearer reference.



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

11. **EXPLAIN:**

- Looking at your illustration, you can see that you have cleared the long informational fibers, the infinity loops, the spine and all three energy centers, gently working your way into your receiver's field.
- Also, remember, you had intents that you spoke while clearing each energy center.
- And you used golden energy throughout the entire clearing process.
- This completed the clearing.

12. **ASK** if there are any questions before moving to the fourth step and respond as needed.

You can do a quick recap of how the clearing is performed.

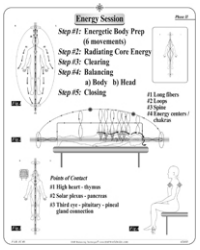
13. **ASK:**

- What is the fourth step?

  Desired Response: *Balancing*

STEP 4: BALANCING

Balancing the Upper Body, Spine, Infinity Loops and Long Informational Fibers



FLIP CHART
#9 Energy Session

1. **REFERRING** to Figure 2 **EXPLAIN:**

   - So now, looking at your illustration, you balanced the same energy centers and followed the same sequence that you did during clearing: these were the solar plexus, creative and heart centers.
   - Also, remember that you had say alouds to speak as you balanced each energy center.

WORKBOOK
Phase II
Pg. 36
Energy Session

2. **EXPLAIN** the next three areas to balance:

   - As you recall, for clearing, we worked into the field, first clearing the long informational fibers, then the infinity loops and finally the spine.
   - Now, for balancing, we backed out of the field starting with the spine, then the infinity loops and finishing with the long informational fibers, performing the exact same movements for each area that you had done previously for the clearing.
   - Also, remember you had intents that you spoke as you balanced each area.
   - On your energy session page, just to the right of Figure 1 next to *Step #4*, please write *Balancing* and also write *body* to indicate that you're balancing the body.

Briefly review the movements that are performed for the balancing.

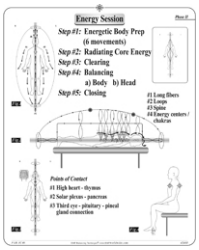
Suggest that arrows drawn upward can be used to represent the backing out of the field.

3. **TELL** the class that at this point they have completed the balancing process and have asked their receiver to turn over onto their back**.**

4. **EXPLAIN** to the class:

   - Next, you worked with balancing the energy around the head and setting the double Octahedron template.

Balancing Around the Head



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
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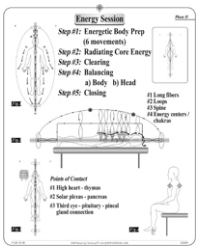
Energy Session

5. **REFER** the class to the Figure 3 in the lower left corner of the Phase II energy session page and **EXPLAIN:**

   - To balance the rings of energy around the head, you placed both hands palms up in a comfortable position underneath the back of your receiver's head.
   - You held their head gently with both hands. The contact here is important.
   - You held this position for about 30 - 60 seconds.
   - Then you gave an intent that the rings of energy that circle the head both horizontally and vertically be adjusted into an evenly spaced and healthy pattern according to the receiver's own inner wisdom.
   - On your Figure 3 illustration you can see the rings of energy illustrated around the head.
   - Then you slowly moved your hands away from your receiver's head.
   - Next, you slid your left hand palm up underneath your receiver's neck and held your right palm facing the crown.

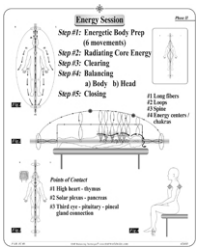
Phase II Octahedron Template
Honoring the Wholeness of Self Direction and Self Support



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

1. **REVIEW** setting the octahedron:
   - You then asked your receiver to visualize an octahedron of light and energy that starts at the top of their head, extends out to each shoulder and converges at the heart center.
   - You lightly touched each point of the octahedron as you described it.
   - Next, you extended your arm and held your right palm facing your receiver's feet.
   - You then asked your receiver to visualize an octahedron shaped template of light and energy that starts at their heart, expands at their hips and meets at their knees.
   - This octahedron template is illustrated in Figure 3.
   - You then told your receiver that this energetic pattern contributes to the strengthening of their self-direction and self-support.



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
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Energy Session

- Next, you informed your receiver that you were going to place your index and middle fingers of your right hand on their high heart center (thymus) and gave the intent for its complete activation and evolution.
- This is illustrated by the symbol above the heart in Figure 3.
- After doing this, you held this position for 30 - 60 seconds.
- Then you set the second template by placing your two fingers near the area of your receiver's solar plexus (just to the left of the navel) for 15 seconds and spoke the intent to empower the second octahedron template associated with Phase II.
- Next, you placed your two fingers on your receiver's forehead (third eye) for 30 - 60 seconds and gave the intent that these three points of contact empower the energy of the double octahedron template.

2. **ASK:**

- Who would like to name the three points of contact that we just completed that empower the energy of the double octahedron?

  Desired Response: *high heart (thymus), area near the solar plexus (pancreas - left of navel) and forehead (third eye-pituitary-pineal connection)*

- Please take a moment and write these three areas next to Figure 3 under the heading *Points of Contact*.
- Please write them in the same order in which you performed the movements during the session.

If needed, provide assistance with the answers and the order in which they were performed during the session.

Final Adjustments

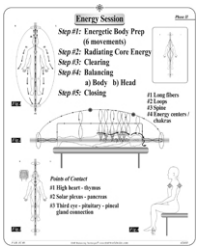
WORKBOOK
Phase II
Pg. 26
Final Adjustments

1. **EXPLAIN** making the final adjustments:
   - The last thing that you did in Step 4 was work with the jaw.
   - Holding the jaw for 30 - 60 seconds, you gave the intent for final adjustments. This is exactly the same position and intent that you performed in Phase I.
   - Please refer to the photo on page 26 in your workbooks to see a photo of the proper hand position.
   - And finally, on page 36, next to *Step #4* where you have written the word *Balancing* and the word *body*, now write the word *head* to indicate that you also balanced the head.

2. **SAY** to the class:
   - This brings us to the fifth and final step in Phase II - Closing.

STEP 5: CLOSING

Energy Integration



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
Pg. 36
Energy Session

1. **EXPLAIN:**
   - The first movement you did in the closing was energy integration.
   - Just as in Phase I, you worked on your receiver's hips, knees and ankles, which helped to ground the energy that had been released during the session.

Amplifying Energetic Awareness and Grounding

2. **ASK:**

   - What was the next movement that you did in the Closing?

     Desired Response: *Amplifying energetic awareness and grounding*

3. **EXPLAIN:**

   - Then just like at the start of the session you amplified golden energy up and through your receiver's body.
   - This helps to integrate the changes that have been made during the session.
   - Then you held the ankles for anchoring for 30 - 60 seconds.

Final Grounding and Greeting

4. **EXPLAIN:**

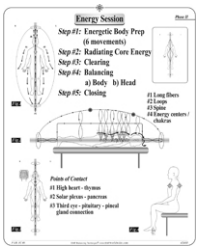
   - Remember, you had your receiver roll onto their side first, before sitting up.
   - Then you asked them to sit up as shown in Figure 4.
   - This made it much easier for them. Then you asked them to move to near the end of the table, and then as you stood in front of them you had a big SMILE (!) and looked confident.
   - Then you amplified some energy to their feet for grounding.

5. **ASK:**

   - Why don't you need to discharge the back area at the end of this session?

     Desired Response: *Because you've done so much work on the back area during the session!*

High Heart Alignment and Closing Statement



FLIP CHART
#9 Energy Session

WORKBOOK
Phase II
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Energy Session

1. **EXPLAIN:**
   - Just like in Phase I, you moved to your receiver's left shoulder to do the high heart alignment – left hand on the receiver's front high heart, right hand on the receiver's back high heart.
   - You then asked your receiver to take a deep breath. You held this connection for 30 - 60 seconds and spoke the intent:
   - Say Aloud:

     Relax and breathe deeply. This is a pure place of centeredness and peace and it is always here.
   - And finally, you moved your left hand from the front high heart center and placed it on the back of your receiver's neck and spoke the closing statement.
   - On your energy session page, just to the right of Figure 1 next to *Step #5*, please write *Closing.*
   - And that's your Phase II session!
2. **ASK** for questions about the Phase II review and respond as needed.

Final Thoughts

1. **SAY:**
    - I have some final thoughts that I would like to leave with you today.
    - The intent for Phase II is for self-direction and self-support.
    - The graceful karmic release that occurs as a result of this session means that the receiver has rearranged the energetic charges of their history into a new pattern of greater support.
    - Also latent talents and abilities may be awakened to assist the receiver in moving forward in their lives.
    - This all encourages the posture of self-direction and self-support. The aim is to help facilitate the energy, which will help transform a receiver's history from an anchor that holds them back into a gleaming column of wisdom and support.

If you have any students that are only completing Phases I and II, please take a few minutes and explain combining a Phase I and a Phase II session so that they may have the opportunity to offer them to their receivers.

Please inform them that the transitions are noted in their Phase I and II workbooks and are as follows:

Combination Session - Phase I and Phase II

- When doing a combination of a Phase I and Phase II session, radiate core energy from the Center Above to the Center Below (see the Phase I workbook page 2).
- In Phase I, after completing all movements up to and including the balancing of the upper body, the giver can then move to Phase II.
- The giver then asks the receiver to turn onto their front, and begins with the clearing of the long informational fibers (see Phase I workbook page 9 and Phase II workbook page 2).

Conclusion

If you choose you may end the class with an energy exercise. Please refer to the Teacher Support section page 153 for a list of options.

1. **INFORM** the class of the date and time of your next class.

2. **TELL** students that when they return you will introduce Phase III, Radiating Core Energy.

3. **REMIND** the class to bring their Energetic Body Prep workbooks with them to the next class.

4. **THANK** the class for all their work and participation.

5. **CLOSE** the training.

PLEASE READ THIS PAGE IF YOU TEACH
THE INCREMENTAL PROGRAM

Incremental Phases I-IV Program
Segment 1 - Day 3
Combination & Distance Sessions

Please refer to Units 4, 5, 6 in Phase IV Teacher Manual when teaching the 3rd day of the of Incremental Program I & II:

EMF Guiding Principles - Unit 4 (TM Phase IV - Day 1)

Communication - Unit 4 (TM Phase IV - Day 1)

Internship Overview - Unit 4 (TM Phase IV - Day 1)

Combination Sessions - Unit 5 (TM Phase IV - Day 1)

Distance Sessions - Unit 6 (TM Phase IV - Day 1)

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Dear EMF Teacher,

The new **Incremental Phases I-IV Program** is now available for you to offer your students. A new option for offering the Accredited Practitioner Internship, the incremental internship is a work/study program that allows students on a conditional basis to earn an income after completing Phases I and II of the internship. This training has been developed and tested by EMF Teachers throughout the world. They all love teaching it, finding that there students are exceptionally well prepared to receive the Phase III and Phase IV portion of the training due to all of the experience they have accumulated during the first segment. The experience is richly rewarding for the teacher and for the student.

Important note: *You will still be able to offer your students the traditional internship, and with the availability of this new option, make it more affordable to many of your students.*

All the material you need to teach **Incremental Phases I-IV Program** is contained in a PowerPoint slide show on an audio/video DVD/ROM. The slide show guides you through the complete schedule of each day from beginning to end. Embedded within the show are video presentations of the new Phases I-IV sessions. All this combines to create a beautiful interactive audio/visual educational experience in a simple to use media format.

The slide show is used in conjunction with the Teacher Manuals. If you do not have PowerPoint installed on your computer, no problem! A PowerPoint viewer program is included on the disc! ***The DVD/ROM can only be used on a computer (PC) containing a DVD drive. The DVD/ROM will not work on a DVD player.*** Use of a projector is optional for larger classes.

If you would like to begin teaching the Incremental Phases I-IV Program, please contact EEI to order your DVD today!

One time fee of $110.00+S&H

For a more complete description of the Incremental Phases I-IV Program, please go to the 'Training Programs' section on the EMFWorldwide.com website or e-mail EEI at: register@emfworldwide.com

EMF Balancing Technique®

Honoring Humanity

Teacher Support

Teacher Support

A. Akashic Records

The akashic records is a theosophical term referring to a universal filing system which records every occurring thought, word, and action. The records are impressed on a subtle substance called akasha (or Somniferous Ether). In Hindu mysticism this akasha is thought to be the primary principle of nature from which the other four natural principles, fire, air, earth, and water, are created. These five principles also represent the five senses of the human being.

Some indicate the akashic records are similar to a Cosmic or collective consciousness. The records have been referred to by different names including the Cosmic Mind, the Universal Mind, the collective unconscious, or the collective subconscious. Others think the akashic records make clairvoyance and psychic perception possible.

It is believed by some that the events recorded upon that akasha can be ascertained or read in certain states of consciousness. Such states of consciousness can be induced by certain stages of sleep, weakness, illness, drugs, and meditation so not only mystics but ordinary people can and do perceive the akashic records. Some mystics claim to be able to reanimate their contents like they were turning on a celestial television set. Yogis also believe that these records can be perceived in certain psychic states.

Certain persons in subconscious states do read the akashic records. An explanation for this phenomenon is that the akashic records are the macrocosm of the individual subconscious mind. Both function similarly, they possess thoughts which are never forgotten. The collective subconscious gathers all thoughts from each subconscious mind which can be read by other subconscious minds.

An example of one who many claimed successfully read the akashic records is the late American mystic Edgar Cayce. Cayce did his readings in a sleep state or trance. Cayce's method was described by Dr. Wesley H. Ketchum who for several years used Cayce as an adjunct for his medical practice. "Cayce's subconscious...is in direct communication with all other subconscious minds, and is capable of interpreting through his objective mind and imparting impressions received to other objective minds, gathering in this way all knowledge possessed by endless millions of other subconscious minds." Apparently Cayce was interpreting the collective subconscious mind long before the psychiatrist C.J. Jung postulated his concept of the collective unconscious - *A.G.H.*

Peggy likes to point out: “have the akashic records themselves been released into our fields or are they only cosmic copies that have been released into our fields? Either way it really doesn’t matter. What does matter is that the records are present in our field because we are the evolving microcosm of the macrocosm. In our evolution we are developing the ability to translate, understand and use the wisdom in these records.”

B. Group Configuration for Larger Size Classes

The ideal configuration for a group is three. This allows for each person to have the experience as a giver, receiver, and observer.

However if you do not have the number of students in class to form all groups with three per group then you will have a mix; some groups will have three students and some groups will have two students.

When you have a group that has two students: for the first practice session, ask those students to join groups that have three students. Their role will be observers, making two observers for those particular groups. After that, the students that joined the groups of three to observe, regroup with their partners and work with each other during the second and third practice sessions. In the second practice session, one student is the receiver and the other student the giver. Then for the third session, they switch roles. You will need to read the say alouds (intents) for them during the practice sessions because they will not have an observer to fulfill that role.

You can have your class choose their groups or you can help organize the groups.

C. Optional Energy Exercises

Any of the following energy exercises can be used to open the morning session and to close the day.

To Open a Class in the Morning

Opening Circle
Alternating Sweep
Circle with Energy Activation Symbol

End of Day

Circle with Energy Activation Symbol
Golden Pyramid of Freedom
Octahedron Exercise

Guidelines for Optional Energy Exercises

1. Opening Circle: This exercise is described in detail in the UCL teacher manual (*please see UCL Table of Contents for page number).*

2. Alternating Sweep: This exercise is described in detail in the UCL teacher manual (*please see UCL Table of Contents for page number).*

3. Circle with Energy Activation Symbol: Amplifying golden energy with the intent for balance. This is a group energy exercise that can be used with the class seated in their original seats or if you have a smaller class, in a circle.

   - The teacher instructs the students to think of where, to what or who, they would like to amplify energy.
   - The teacher instructs the students to have their left hand palm up resting in their lap and their right hand palm up to amplify energy.
   - The teacher instructs the class to trace the Energy Activation Symbol, followed by each student stating of where, to what or who, they would like to amplify energy.
   - The teacher closes with their own loving words.

4. Golden Pyramid of Freedom: To increase the resonance of freedom. Before beginning this exercise, please inform the class that they have a choice of whether or not they want to take part in this exercise.

Describe the Exercise

You can illustrate on a flip chart what you are explaining.

a. Explain to the class that they will form a pyramid-like formation with you (the teacher) standing at the capstone (see Fig. 1).

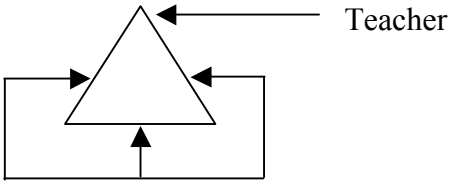


Figure 1

b. Explain that after the class has created the pyramid-like formation, they will set the energy pattern by each of them holding their left hand palm up, under the right hand palm down of the person to their left. Their right hand is held palm down over the left hand palm up of the person to their right, creating an energetic connection.

c. Explain that at this point you (the teacher) will give the intent to co-create the golden pyramid of freedom, pause for a moment and then everyone will relax their arms

d. Next, explain one person will start by standing in the lower third of the pyramid, which is the foundation of the pyramid.

e. Here in the foundation the student will say *I Am Here* (see Fig. 2)

f. Next, they step up into the middle of the pyramid and say *I Remember I Am* (see Fig. 2).

g. And finally they step up into the upper third, the capstone (see Fig. 2) and say *I Am…adding whatever they want to say*, for example, *I Am Joy or I Am Love.*

h. After completing their final statement, the student then returns to their original place and the next student steps into the foundation (lower third) and begins.

i. After all students have completed the pyramid then you (the teacher) close with your own loving words.

Please remind the class that this exercise is by choice. If they choose not to enter the pyramid, they can simply say "pass".

j. After explaining the exercise, remind the class that you will guide them through each step. Then, invite the class to form the pyramid and begin the exercise.

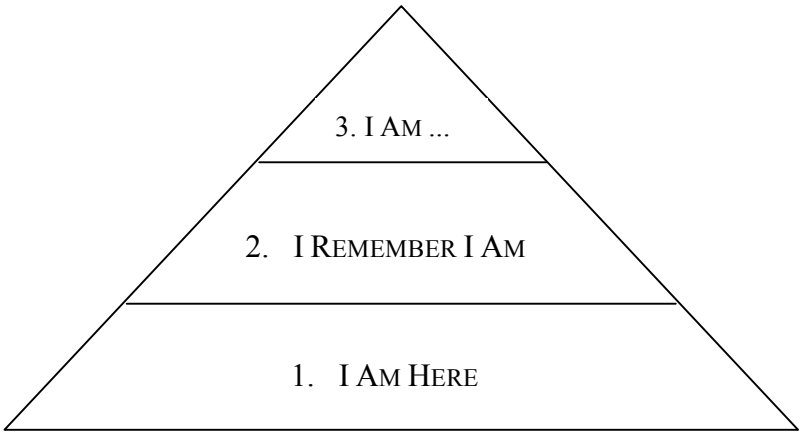


Figure 2

5. Octahedron Exercise: To increase the resonance of home.

Describe the Exercise

You can illustrate on a flip chart what you are explaining.

a. Explain to the class that they will form a octahedron-like formation (see Fig. 1).

b. Explain that to set the energy pattern each student holds their left hand palm up, under the right hand palm down of the person to their left. Their right hand is held palm down over the left hand palm up of the person to their right, creating an energetic connection.

c. Explain that at this point you (the teacher) will give the intent, as the octahedron shaped pattern is set, for the resonance of home. Pause for a moment and then have everyone relax their arms.

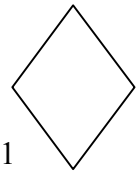


Figure 1

d. Explain that each student will take a turn and walk to the center of the octahedron. When standing in the center of the octahedron they take a few moments to sense, feel, or think about what they are experiencing at that moment.

e. As the student in the middle of the octahedron is sensing, feeling or thinking about what they are experiencing, invite the rest of the class to sense feel or think about what they are experiencing at that moment also.

f. After a minute or so invite the class to share some feedback. Silence is ok.

g. After a couple of minutes thank the student and ask them to return to their place and invite the next student into the middle of the octahedron and repeat the process.

h. When the last student has finished, you may close with your own loving words.

Handout - Student Rotation Form

You can make copies of the handout on the following page.

STUDENT ROTATION FORM

Directions: This form will remind you of what role each member of your group will fill for each practice session. Take a moment to write in the names of each person in your group.

PHASE_____

Roles: G = Giver
R = Receiver
O = Observer

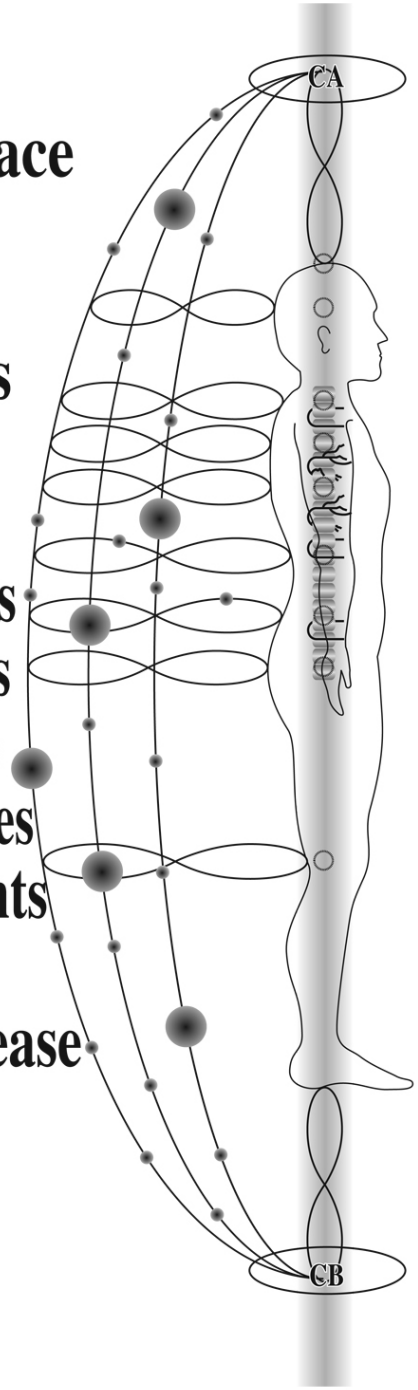
Name	Session 1	Session 2	Session 3
	G	**R**	**O**
	R	**O**	**G**
	O	**G**	**R**

Lattice Theory - Phase II

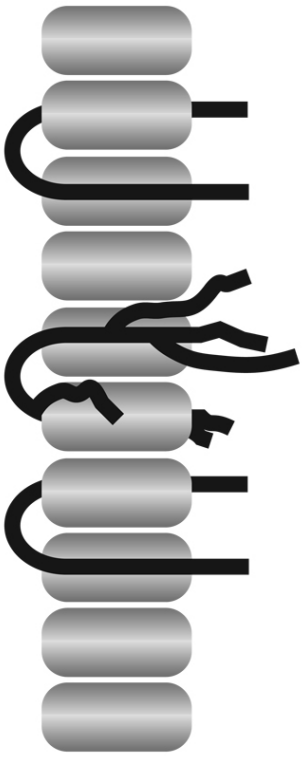
Phase II

- State of Grace
- History
- Story
- Other Lives
- Hereditary Patterns
- Genetic Traits
- All the Events of This Life
- Latent Abilities
- Hidden Talents

- Karmic Release
- Release
- Activation



Restrictions



Lesson Learned = Wisdom Gained!

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Transitions

Phase II

Change - Necessary Losses

P I-IV FC #8 EMF Balancing Technique® www.EMFWorldwide.com *4/24/03*

Energy Session

Phase II

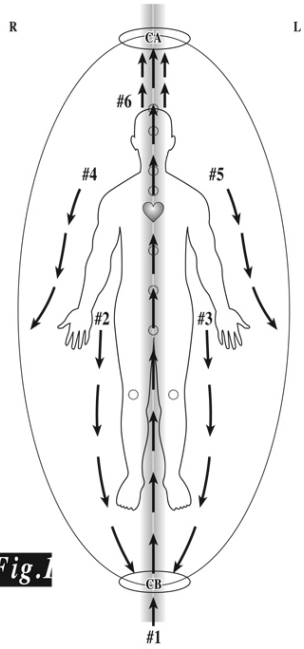


Fig.1

Step #1: **Energetic Body Prep (6 movements)**

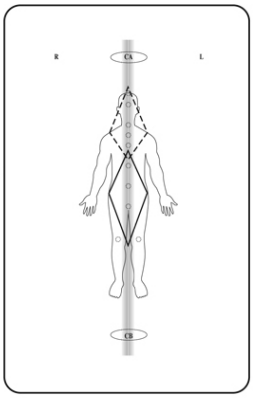
Step #2: **Radiating Core Energy**

Step #3: **Clearing**

Step #4: **Balancing**

a) Body b) Head

Step #5: **Closing**



#1 Long fibers
#2 Loops
#3 Spine
#4 Energy centers / chakras

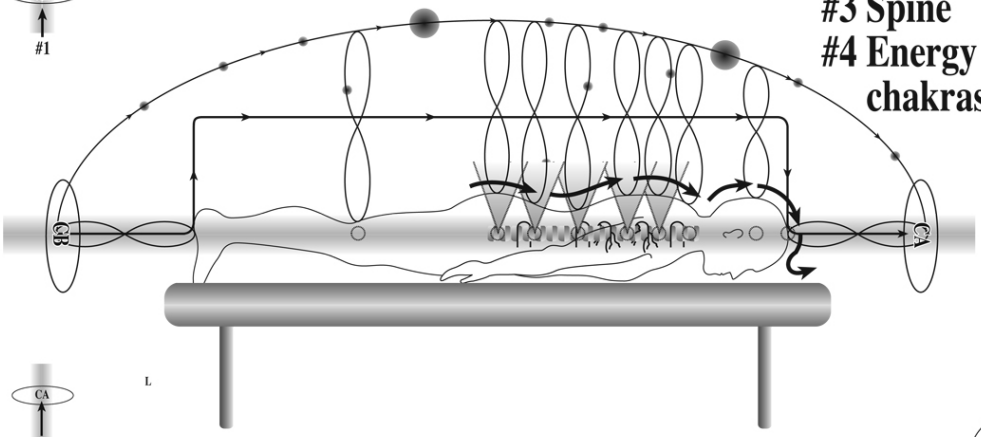


Fig.2

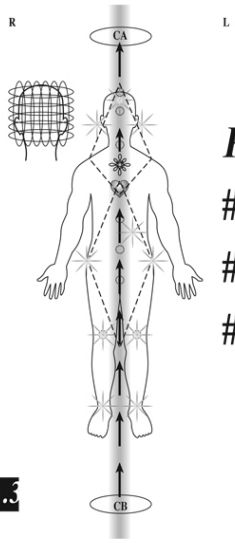


Fig.3

Points of Contact

#1 High heart - thymus

#2 Solar plexus - pancreas

#3 Third eye - pituitary - pineal gland connection

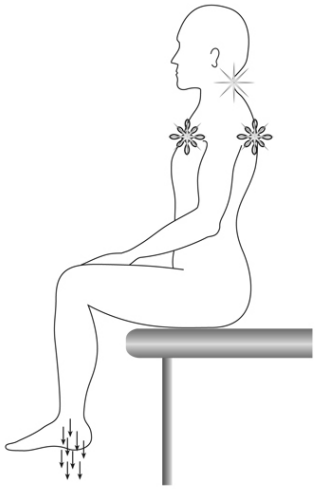


Fig.4

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Notes